Man arrested in complex maple syrup robbery.

For those who like their maple syrup hot, this makes for tasty, if rather complex reading. A convoluted plan to syphon off over 500 tons of the sweet stuff over 15 years was foiled. Following that, an even more complex 12-month arrest operation ended yesterday.

Pay attention now, it goes something like this. The man in question, working at Desève Maple Syrup, a bespoke, family distillery that produces some of Canada's finest syrup, took with him after work each evening one shot of the sweet stuff inside his thermal water bottle.

Strict security checks at the distillery failed to detect the "sweet water" bottled within his empty lunchbox. In his 15-year career, the man is said to have accumulated over 500 tons. It is now known that the man was waiting for the syrup to become a sought-after and highly priced "Desève Vintage," before putting it up for sale on the black market. Certain connoisseurs – obviously with pancakes of high aspirations – are willing to pay a hefty price for the precious vintage liquid.

The man's long and complicated arrest occurred by way of a police officer, of the aforementioned connoisseur variety, who was on the lookout for a vintage, and who was offered the 500 tons – in one load. As no syrup of this type had ever been reported missing, the theft was almost impossible to prove. Almost. After 12 months of consuming sample after sample, and no doubt after having accumulated pound after pound around the waist, the police officer's well-trained palette finally recognized and proved the syrup was of Desève origin. So, to make a long and complicated story very short, the man – and his sticky fingers – are now awaiting trial.

If you find there's a lot of information here for your morning commute, I kind of agree, and think there must be a simpler way to tell this story. But with a pressing deadline, that was the best I could do. Sorry. But, as it seems I have some extra space, lets try again to simplify it:

A convoluted plan to syphon off over 500 tons of the sweet stuff over 15 years was foiled. An even more complex 12-month arrest operation ended yesterday. The man in question took with him after work each evening one shot of the sweet stuff inside his thermal water bottle.

Strict security checks at the distillery failed to detect the "sweet water." In his 15-year career, the man accumulated over 500 tons. It is now known that he was waiting for the syrup to become a sought-after and highly priced "Desève Vintage" before putting it up for sale on the black market. Certain connoisseurs pay a hefty price for vintage liquid.

The man's long and complicated arrest occurred by way of a police officer on the lookout for a vintage, who was offered the 500 tons – in one load. As no syrup of this type had ever been reported missing, the theft was almost impossible to prove. After 12 months of consuming sample after sample, the police officer's well-trained palette finally recognized and proved the syrup was of Desève origin. So, for the second time, to make a now even longer and more complicated story even shorter, the man – and his sticky fingers – are now awaiting trial.

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NEWS WORTH SHARING.

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World

Man arrested in complex maple syrup robbery.

Everything is simpler with a picture.

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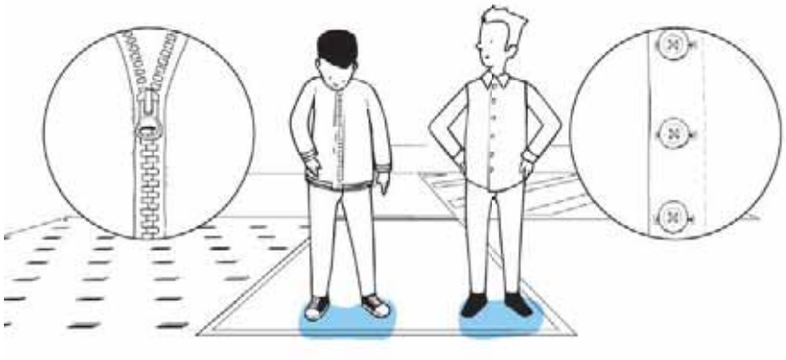
Volkswagen technology explained simply in pictures

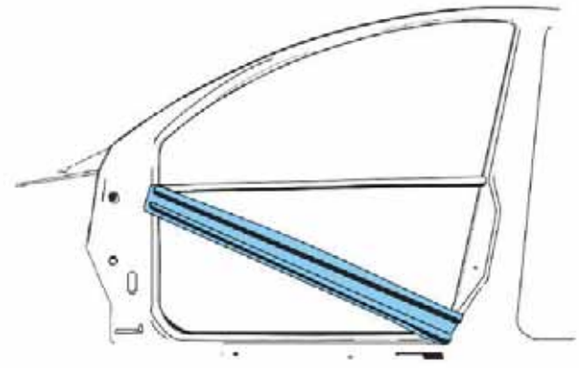
Laser Welding*

The body of every Volkswagen is laser welded for extra strength, not spot welded like many of the other guys. Pull apart your shirt! Spot welding is like having buttons, laser welding is like having a zipper. Which is stronger? Enough said.



Side Impact Beams*

Volkswagen positions its side beams diagonally to cover a larger area and uses high strength steel to provide additional protection.

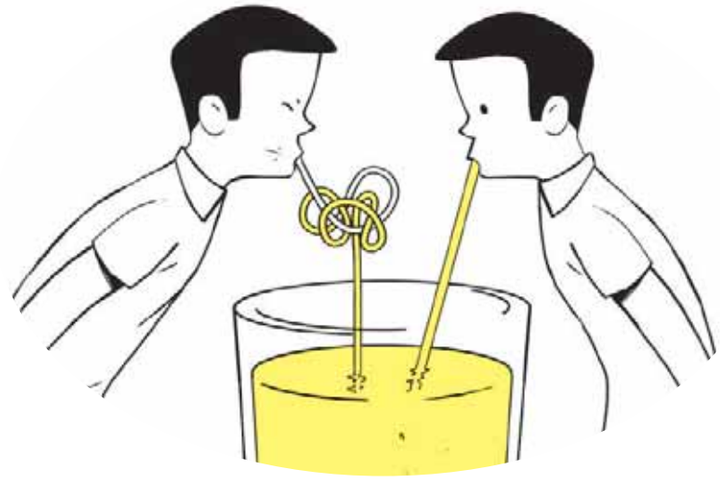


Self-drying Brakes*

In the rain, Volkswagen brakes automatically dry themselves. When your windshield wipers are on, the brake pads regularly dab the brake discs to remove water – so you can stop more safely.**

TSI Engine*

Why is the TSI engine's Direct Fuel Injection more responsive and more efficient? Imagine you're an engine and your lemonade is the fuel. Normal engines work like a bendy straw – the fuel takes longer to get to the engine. TSI is like drinking from a straight straw – the fuel arrives quicker.



It's time to think German Engineering at vw.ca/whodathought

Das Auto.

*Drawings of features and comparisons are for illustration purposes only. Actual properties of the features may not be exactly as shown. Features may not be available on all models. **Brake disc wiper operates only when windshield wipers are on.

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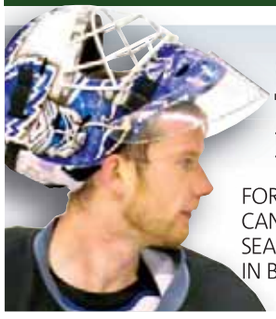

GOING BACK TO THAT PLACE OF BRUINED HOPES

FOR JAMES REIMER, NOTHING CAN COMPARE TO LAST SEASON'S MELTDOWN IN BOSTON PAGE 36

The 3 Sarahs minus 1

Sarah No. 2 muses about the cruelty of a 40-hour work week as she packs up her things to go PAGE 16

Amazing dishes from the Amazon

Meet the rebel chef who is reimagining Brazilian cooking with wild ingredients from the jungle PAGE 34

Ladies' night but the feeling wasn't right

Justin Trudeau just wanted an intimate, meaningful night with women and his people see nothing funny about that PAGE 12

NEWS WORTH SHARING.

Problem child

Toronto Mayor Rob Ford addresses the media on Thursday, responding to a new video that was released. NATHAN DENETTE/THE CANADIAN PRESS

Mum Ford and son.

Diane Ford says the mayor needs to lose weight, but rehab for the admitted crack smoker is out of the question

Mayor Rob Ford's mother says her son needs to "smarten up," but emphasized that he is not a drug addict and does not need to step down to change his life around.

Speaking to CP24's Stephen LeDrew Thursday afternoon at her Etobicoke home, Diane Ford and her daughter Kathy agreed that the behaviour of their son and brother this past year is unacceptable for the mayor of Toronto, while blaming the media for most of the pressure that he has been under and for showing a lack of "forgiveness."

In the rare interview, taped just hours after Torstar News Service posted a video showing a clearly erratic Ford going off on a hysterical rant, Diane Ford said with a confident tone that "there's nothing he can't recover from, and he will recover."

"He did what he did, he made a mistake, he admitted to his mistake," she said, praising her son for showing such "strong character."

Without going into specifics, she described the mistake as "not a nice one," but said rehab for the mayor is out of the question, painting a portrait of a man far too dedicated to his job to take time off for a full recovery.

"Rob has an active mind, Rob has an active body," she said, while also mentioning that her son has a "weight problem."

"He's got to be moving, he's got to be thinking, he's got to be productive."

She said if her son was "really, really in dire straits," she would be the first one to put him in her car and take him to get help, but she didn't elaborate on how bad things would have to be to prompt action from the family.

But she said that during a family meeting last Friday she told Ford to do five things: get a driver, do something about his weight, install an alcohol detector in the car, watch the company he keeps and see a counsellor.

She completely dismissed the idea that her son is a lax mayor, despite the fact that he has missed city council meetings, and has been accused of having a very light itinerary. TORSTAR NEWS SERVICE

MORE FORD COVERAGE ON PAGES 2 AND 9

Diane Ford, right, and her daughter Kathy were on CP24. CP24.COM/SCREENGRAB

Addiction in the family

Sister Kathy says mayor binge drinks

Kathy Ford, at times stumbling over her words, displayed full sisterly support for younger brother "Robbie," adding that that support would endure "until her dying day."

A confessed drug addict herself, with a troubled past of violent boyfriends that included being shot in the face in her mother's kitchen in 2005, Kathy said she knows her brother is not an addict, but was less dismissive of the suggestion that he may be an alcoholic.

"As an alcoholic, if you want to consider binge drinking once every three months and you get totally plastered which…he just makes a fool of himself…fine," she said. "He doesn't drink every night. When Robbie drinks, I think he just goes full tilt."

While admitting to having smoked crack cocaine sometime in the past year, and acknowledging that his notorious displays of public drunkenness were wrong, Rob Ford has not specifically admitted that he is an addict or alcoholic. TORSTAR NEWS SERVICE

NEWS 1

Ford caught in video rant

Master apologizer. Mayor emerges from his office for another apology after video was published on the Toronto Star's website

Rob Ford has been caught on video in an impaired rant saying he is going to kill someone and "rip his f—king throat out."

Ford slurs his words as he staggers around an unknown dining room, apparently high, ranting gibberish and gesticulating wildly.

"I'm gonna kill that f—king guy. I'm telling you, it's first-degree murder," Mayor Rob Ford rages as someone in the room secretly uses a cellular phone to film the chief magistrate's addled tirade.

Moments after the Toronto Star published the video online, Ford emerged from his office and apologized.

"The Toronto Star just released a video that I was very, very inebriated.... All I can say is, again, I've made mistakes. I just wanted to come out and tell you I saw a video. It's extremely embarrassing. The whole world's going to see it. You know what? I don't have a problem with that. I hope none of you have ever or will ever be in that state. "

The target of the mayor's anger in the video is not in the room and is not known to the Star.

Quoted

"I am a sick motherf—ker, dude ... Like no one's gonna f—k around with me."

Mayor Rob Ford

"I'll rip his f—king throat out. I'll poke his eyes out.... I'll make sure that motherf—ker's dead," Ford says, then hitches up his pant legs as if bracing for action. His ire appears to be directed at someone who has called him, and brothers Doug and Randy, "liars, thieves."

Wednesday, Ford's chief of staff Earl Provost said he could not speak to the Star about the video. "I am sorry I cannot talk to you about this," Provost said.

Also on Wednesday, the Star sent a transcript of the video, a description of the video's contents and an offer to show it to the following people in the mayor's circle: Ford, his brother Coun. Doug Ford, Provost, deputy chief of staff Sunny Petrujkic, spokesman Amin Massoudi, and Ford's lawyer Dennis Morris.

The Star invited all of them to view the video and provide an explanation for Ford's behaviour. None of them took the Star up on its offer.

Ford only commented on the video after it appeared on thestar.com. After apologizing for his behaviour, Ford did not elaborate on his filmed rant.

Last week, police Chief Bill Blair announced that investigators recovered two video clips relevant to extortion charges laid against the mayor's "close friend" Alexander "Sandro" Lisi. One of those videos is of the mayor smoking what appears to be crack, which two Star reporters viewed in May.

There is no suggestion that this video is the second video Blair referred to in his press conference.

In this profanity-laden, 77-second video, Ford is seen pacing about the dining room of a house, threatening death to an unnamed enemy. A person off camera, who is encouraging Ford's behaviour, tells him to wait until "after the byelection," an apparent reference to the byelection Ford wanted the city to hold to replace departed deputy mayor Doug Holyday.

The reference to the by-election puts the timing of the video sometime in August.

At points in the video, Ford is incoherent. He appears to say that unidentified critics call him and his brothers "birds."

The Star purchased the video for $5,000 from a source who filmed the video from someone else's computer. The Star has been assured the money went to "the legal and beneficial use of a family."

TORSTAR NEWS SERVICE

Two screen grabs from the video showing Mayor Rob Ford in hysterics. TORSTAR NEWS SERVICE

'Inebriated'

New video not part of probe: Police

The chief of police says a new video of the mayor making death threats while "inebriated" is not part of an ongoing investigation.

Chief Bill Blair said he became aware of a cellphone video showing Mayor Rob Ford swearing profusely while, in the mayor's words, "inebriated" after it was published on the Toronto Star's website Thursday afternoon.

Blair said the new video is not part of an ongoing investigation into the mayor, his activities and associates that was detailed in police document released by the courts last week. "I became aware of it when it was released in the news today (Thursday) and I'm not going to make any comment," Blair said.

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1 According to a report by PCMag.com published on September 18, 2013. Refer to pcmag.com/article2/0,2817,2424462,00.asp for more info. © 2013 Rogers Communications.

LEST WE FORGET

ANDY BYFORD
CEO
TORONTO TRANSIT COMMISSION

On Monday, the TTC will join Torontonians and millions of people across Canada in honouring those who fought and gave their lives for our freedom.

Two weeks ago, the Toronto Royal Canadian Legion launched its annual poppy campaign at Davisville Station. Since then, the TTC has applied "Lest We Forget" messaging to the front of its buses and streetcars and on subway information screens as a mark of our respect.

At 11 a.m. on Monday, a TTC wreath will be laid at the Old City Hall Cenotaph as part of the civic tribute. At the same time, all TTC vehicles will pause for two minutes to allow riders and staff to reflect upon the ultimate sacrifice that Canadians have made in war.

TTC staff have a proud history of military service that continues to this day. The names of TTC staff who have fallen in the service of Canada are inscribed on a plaque at our Head Office and a number of current employees undertake reservist duties with our full support and thanks.

TTC BUDGET UPDATE IT'S TIME FOR TRANSIT

I continue to make the case for sustained, affordable TTC funding so that we can accommodate ever-increasing customer numbers.

We have now finalized our budget request, which will be considered by the TTC Board on Nov. 18 and, ultimately, City Council in the coming weeks. Our request covers what we need to continue to improve the service we provide and to deliver the commitments in our Five-Year Corporate Plan.

The TTC has lived within its subsidy, the lowest of any major North American system, for the past two years, but a reasonable increase is now essential.

I will keep you updated on the progress we make.

EMPLOYEE PROFILE

Name:
Brian McGuire

Position:
Station Supervisor

Years of Service:
12

Spending the morning rush on the southbound platform at Bloor Station has really opened my eyes to just how many people rely on our system every day. Having recently joined frontline staff after working 11 years in the Transit Control Centre, it's nice to take a hands-on approach towards minimizing delays. Whether it's an ill customer, door problem or a passenger assistance alarm, we're here to find a solution to get trains moving as quickly and safely as possible. Feel free to say hi or ask a question. We're here to help.

EVENTS

UNTIL NOV. 10:

- **The Royal Agricultural Winter Fair.** 511 Bathurst replacement bus to Exhibition Place.

NOV. 11:

- **Remembrance Day Service at Old City Hall.** Subway to Queen Station.

NOV. 13:

- **Transit Panel Public Meeting at Living Arts Centre.** BMO Hall, 4141 Living Arts Dr., 7-9 p.m. Subway to Islington Station, take MiWay bus #26 Burnhamthorpe West.

NOV. 14:

- **Transit Panel Public Meeting at Recreational Complex of Pickering.** West Salon, 1867 Valley Farm Rd., 7-9 p.m. SRT to Scarborough Centre Station, take GO bus to Pickering.

SERVICE CHANGES

- **505 Dundas** streetcars will be replaced by buses between Lansdowne Ave. and Dundas West Station; **506/306 Carlton** replacement buses will provide service between Lansdowne Ave. and College St. and Keele Station via Howard Park Ave. and Parkside Dr. until Nov. 24.

- **501/301 Queen** and **508 Lake Shore** streetcars turning back east at Humber Loop, with replacement buses operating on Lake Shore between Humber Loop and Long Branch Loop, diverting via Park Lawn and The Queensway until Dec. 22 due to platform work.

PAPE STATION ELEVATORS IN SERVICE

With new elevators in operation, Pape Station is now fully accessible to all customers. In August, Pape Station closed for 12 days to accelerate ongoing construction. During the closure, floors, stairs, finishes, ceilings and the new outdoor bus waiting area were completed. The indoor passenger waiting area, bike parking and elevators have now been completed. The second exit will open by the end of the year. The TTC thanks customers and the local community for their patience as it works to improve transit in Toronto.

WAR VETERANS AND COMPANION RIDE FOR FREE ON REMEMBRANCE DAY

On Remembrance Day, Monday, Nov. 11, at 11 a.m., the TTC will join Canada in honouring the nation's veterans by bringing all its vehicles to a standstill for two minutes. Before the two-minute pause, customers will hear the following announcement: "Attention TTC customers, the Toronto Transit Commission will now observe a two-minute pause in service and reflect on the sacrifices for peace made by Canadians."

Subway and Scarborough/RT trains will be held at station platforms. Bus and streetcar operators will stop their vehicles at a regular service stop prior to 11 a.m., and remain there during the pause. Wheel-Trans operators will bring their vehicles to a stop at a safe location. Service will resume immediately following the observation of the two minutes of silence.

All TTC bus and streetcars will display a "Lest We Forget" sign on the front of the vehicle. The TTC's Honour Guard will participate in the Remembrance Day service at the Cenotaph at Old City Hall.

On Remembrance Day, Canadian war and peacekeeping veterans and one companion ride the TTC for free by showing their war medals.

The TTC will operate normal service on Remembrance Day.

WEEKEND SUBWAY CLOSURE: KIPLING TO JANE STATIONS

This weekend, Nov. 9 and 10, the Bloor-Danforth line will be closed once more from Kipling to Jane stations for scheduled track upgrades. During the closure, frequent shuttle buses will operate between Kipling and Jane stations, with Wheel-Trans buses available for customers requiring an accessible connection. Staff will be on hand to offer assistance. Regular subway service is scheduled to resume at 6 a.m. on Monday, Nov. 11.

BEAT THAT BLASTED BUG!

The TTC wants you to stay bug-free this flu season. Beat the flu bug and get your shot. This season, immunizations are available through your family doctor, public health, workplace clinics and pharmacists.

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Police lose funding bid for 184 new Tasers

Hold your holsters. Board chair says an OK would be premature without more details

Toronto police board members voted unanimously not to proceed with the expanded use of Tasers "at this time," as lawyers, police critics and citizens opposed the weapon becoming more widely available.

"The question that should be asked is: What are new Tasers needed for?" said lawyer Peter Rosenthal. "I would urge you to resist not only for today, not only for tomorrow, but until there's some real proper studies."

On Thursday, the board received a report from Chief Bill Blair requesting $386,000 for 184 new Tasers.

Earlier, board chair Alok Mukherjee said that members must wait to consider community concerns and recommendations from an inquest into three police shootings.

"The board is basically in the process of gathering information," Mukherjee said, adding that the board is not yet at a "decision-making stage."

TORSTAR NEWS SERVICE

Controversy

Outrage reached a head when 18-year-old Sammy Yatim died after he was shot eight times and then Tasered.

- At the beginning of this year, there were 571 Tasers in use by Toronto officers.

An inside look at the Taser X26, commonly used by Canadian police. CONTRIBUTED

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Run down. Police make arrest in years-old killing, despite continued silence

Toronto police have made an arrest in the death of a 27-year-old man who was run over on a downtown street four years ago.

Agustin Caruso, 23, who was 19 at the time of the incident, was arrested Wednesday and charged with second-degree murder.

Det.-Sgt. Stacy Gallant says Christopher Skinner was walking home from an evening out on Oct. 18, 2009, when he got into an altercation with several people in a black Ford Explorer SUV at Adelaide and Victoria streets.

Gallant says Skinner was knocked to the ground by male occupants from the SUV and was punched and kicked before the vehicle's driver ran him over.

Six people, both male and female, were inside the SUV at the time of the incident, said Gallant, adding that he's disappointed none of them came forward in four years.

The vehicle has been seized, and police expect there will be at least two more arrests, he added.

"None of the individuals that did not participate in any way in the death of Chris Skinner chose to come forward on their own," Gallant said.

Christopher Skinner
TORSTAR NEWS SERVICE

Skinner's parents, Ellen and Warren Skinner, said they were somewhat relieved to hear of an arrest in the case, but that their sorrow will continue.

While Gallant wouldn't reveal what led to Wednesday's arrest, he said information had been gathered from members of the community since the incident, including some in recent months.

THE CANADIAN PRESS

Smart House

Teeny-tiny condo design takes off

With land prices and construction costs in Toronto going nowhere but up, builders have been creating ever-smaller units in an effort to maintain affordability.

Trouble is, notes developer Rony Hirsch, while the size of condos in the city keeps shrinking, suite design hasn't evolved to reflect the new realities of intensified urban living.

"So we wanted to do something different," says Hirsch, whose firm Malibu Investments recently launched Smart House, a 25-storey project on Queen Street West.

The innovative Smart House will feature micro-condos, some as small as 289 square feet. They'll feature kitchens with retractable secondary countertops, islands that double as dining tables, combined convection oven-microwaves, dishwasher drawers and stoves with two burners versus the traditional four. There will also be an all-in-one washer-dryer. TORSTAR NEWS SERVICE

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reddot design award winner 2013

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CITY (M/T): 9.4L/100KM

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OR

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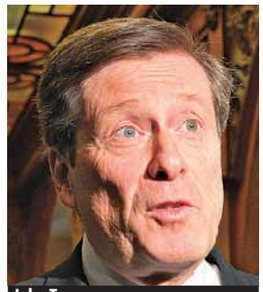
This town ain't big enough for the both of them

Two conservatives, one race. John Tory and Karen Stintz could go head to head in contest to become Toronto's next mayor



John Tory
TANYA TALAGA/TORSTAR NEWS SERVICE

Karen Stintz
DAVID RIDER/TORSTAR NEWS SERVICE

A political grudge match is shaping up between Karen Stintz and John Tory as the fallout from the crack cocaine scandal hits the 2014 election.

Stintz announced her candidacy for mayor last month, less than a week before police revealed they were in possession of the Rob Ford crack video. But now that Ford's hopes of being re-elected have been dealt a possible mortal blow, the Tory campaign juggernaut has kicked into gear.

The problem is there's only room for one of them.

The TTC chair and popular talk radio host would draw from the same limited pool of campaign donors, volunteers and strategy talent. Politically, they are lock-step: centre-right, socially liberal and fiscally conservative.

Back in 2010, Stintz abandoned her mayoral ambitions after Tory began telling their circle that he was contemplating a run. This time, Stintz says she's not going to be big-footed.

When asked how Tory's candidacy might impact her burgeoning campaign, Stintz had harsh words for the former leader of Ontario's Progressive Conservative party.

"It doesn't. It doesn't impact me at all. I am committed to the people of Toronto and I am committed to being on that ballot and I will win," she said.

Coun. Stintz said her 11 years at city hall have given her the experience to be mayor and credibility to take on rumoured left-wing challenger Olivia Chow.

For his part, Tory — who chairs CivicAction — insists he still hasn't decided. One consideration is how his candidacy would impact the race. With Stintz and Ford — who despite his troubles has insisted he will run for re-election — the fiscally conservative side is already crowded. This could help a Chow victory.

But according to one of his close political confidants, as soon as Chief Bill Blair announced that police were in possession of the video the Toronto Star reported about six months ago, Tory indicated "he's running."

TORSTAR NEWS SERVICE

Them's fightin' words

"The reality is, (Tory) doesn't win elections. He lost to David Miller. He lost to Dalton McGuinty. He lost to Kathleen Wynne. He lost to Rick Johnson."

Karen Stintz, referring to John Tory's failed run for mayor in 2003 and a string of provincial losses

Their wishes for Olivia are ...

Hillel club staffer Tamara Caplan, left, with students Natalie Slavat and Zev Gasner, hold up their messages of support at York University on Thursday. Students at the university's Hillel club (a Jewish student club) are putting together a video to send their messages of support to Olivia Wise, the Toronto teen dying of cancer whose YouTube video went viral and drew a response from Katy Perry. DAVID COOPER/TORSTAR NEWS SERVICE

Ford letters found to breach code of conduct

But no sanctions.
Messages to lobbyists were mailed while mayor was appealing conflict-of-interest ruling

Integrity Commissioner Janet Leiper interviewed Mayor Rob Ford and staff members during her investigation into letters sent to lobbyists regarding financial support for Ford's football foundation. STEVE RUSSELL/TORSTAR NEWS SERVICE

The City of Toronto integrity commissioner says Rob Ford violated the council code of conduct by using city property to send letters last winter to registered lobbyists, asking for donations for his football foundation.

However, sanctions against the mayor aren't recommended since "this particular mailing was the last in which city resources were employed," Integrity Commissioner Janet Leiper wrote in her report.

Leiper interviewed Ford and several staff members during her investigation, which was prompted by a citizen's complaint after a Torstar News Service article highlighted two recent letters hand-signed by Ford asking registered lobbyists to donate to his football foundation.

One letter was received by Andy Manahan, executive director of the Residential and Civil Construction Alliance of Ontario, in January — three days after Ford won his conflict-of-interest appeal stemming from a similar issue (staff members say they were mailed before that).

Another was sent to a lobbyist who asked to remain anonymous, out of concern over alienating Ford's administration.

Manahan declined to comment on Leiper's report, saying he wasn't the one to complain so he shouldn't be the one to comment.

Some staff members expressed reservations to the commissioner over sending the letters, though records from Ford's foundation indicated there were no "donations made directly by lobbyists or clients of lobbyists."

Calls and emails to Ford's spokesperson, Amin Massoudi, were not returned.

Ford won his conflict-of-interest case on appeal in January.

In 2010, Leiper ruled that taking donations from lobbyists violates the code of conduct, particularly sections dealing with "improper use of influence" and accepting gifts or benefits "connected directly or indirectly" with performance of council duties.

By sending his fundraising letters on official city letterhead, Ford violated the code.

TORSTAR NEWS SERVICE

Integrity commissioner's decision

- Leiper declined to elaborate on the report, but it will go before council Wednesday and she'll be present to answer questions.
- The report makes clear that since work for the foundation — which helps high schools start football teams by paying for their equipment — is no longer conducted at city hall and Ford told Leiper he had come "a long way" on the subject, she isn't recommending any action.

Addictions expert worries for mayor

The latest Rob Ford video — in which Toronto's embattled mayor is clearly impaired and ranting maniacally — should be the final straw before he takes a leave of absence and seeks help for his personal problems, says an addictions expert.

"With this video coming out it would seem that there's more evidence that this poor man is suffering from extraordinarily complex problems," said Ann Dowsett Johnston, an award-winning journalist who has chronicled her own battles with alcoholism.

"I'm watching an entire world laughing at him and my feeling is one of deep and profound compassion, because I feel that his addiction is very public and his need for help is very evident and his situation is dire."

Johnston, whose book, Drink, looks specifically at women and alcohol, said she recognized herself in Ford's video.

"I didn't perform as Mayor Ford did, but I empathize with the behaviour and I did feel a lot of compassion for him. Normally people don't do this when they're drinking."

Johnston said the two most prominent aspects of addiction are that it gets progressively worse and is fuelled by denial, adding there are usually "many bottoms" for an addict.

"Hitting bottom (and) getting well takes a lot of fortitude, determination and soul," she said. "My life looks completely different than it did before and I couldn't imagine going backwards, and that's why I feel compassion for Rob Ford and I'm concerned for him."

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Ann Dowsett Johnston chronicled her own battles with alcoholism.
CONTRIBUTED

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PQ goes all in on contraversial religion bill

The legislation. It would force state employees to take off their headscarves, yarmulkes, turbans and larger-than-average crucifixes

Quebec Premier Pauline Marois
JACQUES BOISSINOT/THE CANADIAN PRESS

The Parti Québécois has raised the political stakes on its controversial religion bill.

It has expressed a willingness to trigger an election on Bill 60, which if adopted would restrict religious clothing for employees of virtually all state institutions.

On Thursday, it declared the tabling of the bill a measure of confidence in the government. That meant the opposition would have forced an election by blocking its introduction.

It's still unclear whether the PQ will continue, in the coming weeks and months, to treat the bill as a matter of confidence in future votes.

Premier Pauline Marois held a news conference after the bill was tabled and said she believes the proposed legislation will unite Quebecers.

"We want this debate to take place in a serene atmosphere — a serene and respectful atmosphere," she said.

"It is a great moment for our society. This a is a beautiful day for Quebec."

In tabling Bill 60, Parti Québécois cabinet minister Bernard Drainville said it would guarantee the equality of men and women as well as the religious neutrality of the state.

THE CANADIAN PRESS

Royalty watches doctor in action

Britain's Prince William, right, The Duke of Cambridge, President of the Royal Marsden NHS (National Health Service) Foundation Trust, watches as lead surgeon Pardeep Kumar, left, performs surgery for the removal of a bladder tumour on a male patient during a visit at the Royal Marsden hospital in London's Chelsea on Thursday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Soccer in Iran

Let women watch: FIFA president

FIFA president Sepp Blatter is urging Iranian authorities to end the ban on female soccer spectators in stadiums. Thursday's remarks by Blatter came after talks with Iranian officials including Parliament Speaker Ali Larijani. THE ASSOCIATED PRESS

Population decline

German women not baby machines

Statistics show more than one woman in five in Germany remains childless even though the government spends more than (euro) 50 billion ($67 billion) each year to boost birth rates.

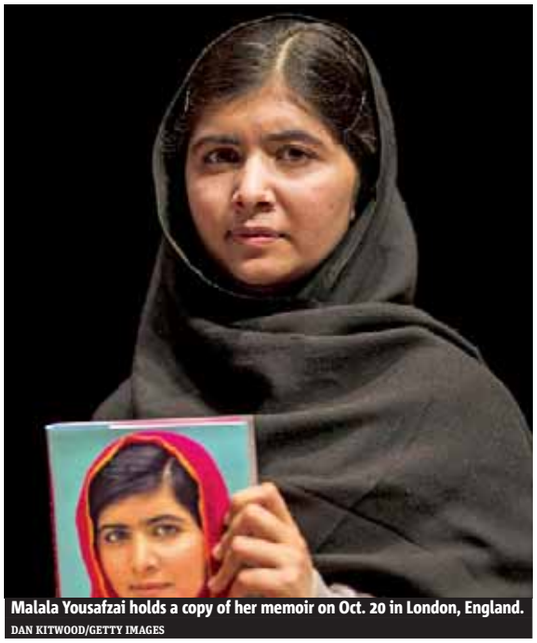
THE ASSOCIATED PRESS

Halifax

Rehtaeh Parsons review delayed

A review of how police and Nova Scotia's Public Prosecution Service initially handled the Rehtaeh Parsons case has been delayed until the court cases against two teens charged in the matter are settled. THE ASSOCIATED PRESS

Man behind Malala attack chosen new Taliban chief



Malala Yousafzai holds a copy of her memoir on Oct. 20 in London, England.
DAN KITWOOD/GETTY IMAGES

Pakistan. New leader of militant group appointed less than one week after death of predecessor in U.S. drone strike

The ruthless commander behind the attack on teenage activist Malala Yousafzai was chosen Thursday as the leader of the Pakistani Taliban, nearly a week after a U.S. drone strike killed the previous chief.

The militant group ruled out peace talks with the government, accusing Pakistan of working with the U.S. in the Nov. 1 strike. Islamabad denied the allegation and accused the U.S. of sabotaging its attempt to strike a deal with the Taliban to end years of violence.

Mullah Fazlullah was unanimously appointed the new leader by the Taliban's leadership council after several days of deliberation, said the council's head, Asmatullah Shaheen Bhitani. Militants fired AK-47 assault rifles and anti-aircraft guns into the air to celebrate.

The previous chief, Hakimullah Mehsud, was killed by the drone in the North Waziristan tribal area near the Afghan border. He was known for a bloody campaign that killed thousands of Pakistani civilians and security personnel, a deadly attack on a CIA base in Afghanistan and was believed to be behind the failed bombing in New York's Times square in 2010. The U.S. had put a $5-million bounty on his head.

THE ASSOCIATED PRESS

Quoted

"We will take revenge on Pakistan for the martyrdom of Hakimullah."

Asmatullah Shaheen Bhitani, head of the Pakistani Taliban's leadership council, on the death of the group's previous leader

Suspended senators still eligible for pensions

The three senators at the heart of the Senate expenses scandal will continue to accrue eligibility for a generous parliamentary pension during their suspension from the upper chamber.

The two years Patrick Brazeau, Mike Duffy and Pamela Wallin are expected to spend in political purgatory will count towards the six years of service needed to become eligible to collect a pension, the Senate says.

Claude Carignan, government leader in the Senate, has said the original intent of the suspension motion was to see the senators stripped of their pay and Senate perks, "including (the) pension plan."

Treasury Board President Tony Clement says he intends to change the regulations, if necessary, to ensure the three senators — suspended for allegedly claiming improper travel and housing expenses — don't qualify.

The three are still entitled to health, dental and life insurance benefits — a provision added by Carignan last week to make the suspensions more palatable to some of his Conservative colleagues. THE CANADIAN PRESS

Science

Hubble telescope discovers 6-tailed asteroid

The Hubble Telescope has discovered a six-tailed asteroid in the asteroid belt between the orbits of Mars and Jupiter. Scientists say they've never seen anything like it. Incredibly, the comet-like tails change shape as the asteroid sheds dust. It's believed the asteroid is rotating so much that its surface is flying apart.

THE ASSOCIATED PRESS

'Al-Qaida is lapping it up'

Terrorists thrilled by Snowden leaks: U.K. spy chiefs

Al-Qaida and other terror groups are having a field day with the leaks from Edward Snowden, U.K. spy chiefs said Thursday.

Iain Lobban, chief of the eavesdropping agency GCHQ, said his spies have picked up "near-daily discussion" of the leaks among his agency's targets. His colleague John Sawers, the chief of the British spy agency MI6, was even more explicit.

"It's clear that our adversaries are rubbing their hands in glee," he told lawmakers. "Al-Qaida is lapping it up."

U.S. officials have repeatedly warned, without providing much evidence, that the leaks were educating America's enemies about how to avoid detection.

THE ASSOCIATED PRESS

Philippines. 'Catastrophic damage' predicted from year's strongest typhoon

The world's strongest typhoon of the year slammed into the Philippines on Thursday. It had been poised to be the strongest ever recorded at landfall.

"There will be catastrophic damage," said Jeff Masters, meteorology director at the private firm Weather Underground.

The U.S. Navy's Joint Typhoon Warning Center in Hawaii shortly before landfall said Typhoon Haiyan's maximum sustained winds were 314 km/h, with gusts up to 379 km/h.

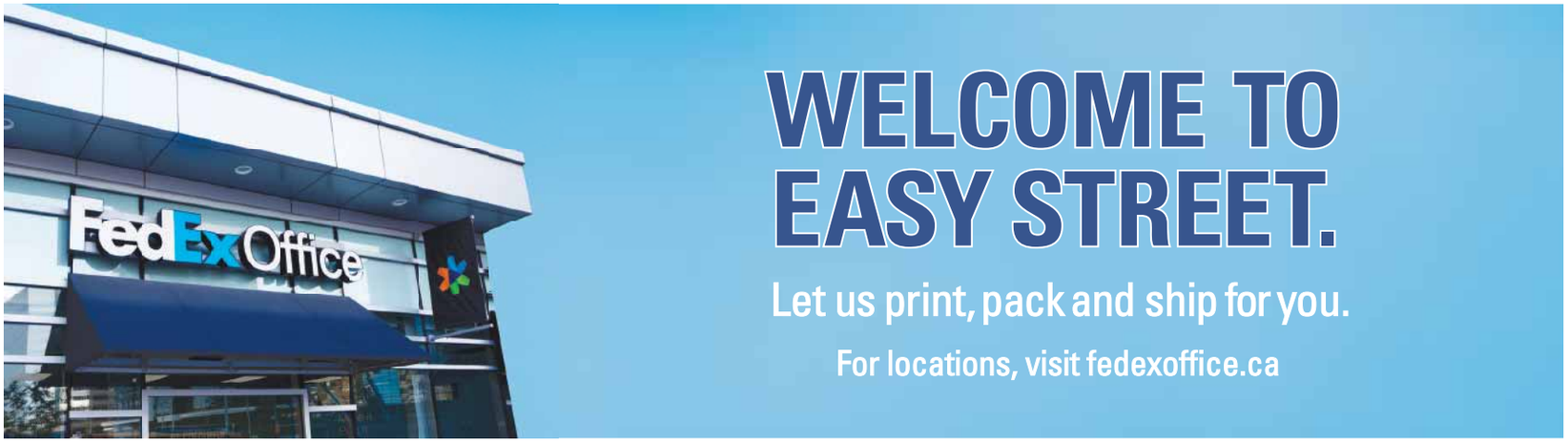
"There aren't too many buildings constructed that can withstand that kind of wind," Masters said.

Thousands of people have evacuated villages in the typhoon's path.

The only tiny bright side is that it's a fast-moving storm, so flooding from heavy rain — which usually causes the most deaths from typhoons in the Philippines — may not be as bad, Masters said.

THE ASSOCIATED PRESS

A Filipino worker brings down a giant billboard along a busy highway to prepare for the effects of powerful Typhoon Haiyan in Makati, Philippines, Thursday. AARON FAVILA/THE ASSOCIATED PRESS



Carlos Enrique Perez-Melara, a former college student who developed an $89 US program Loverspy and Email PI, is among five people added this week to the FBI's list of most wanted cybercriminals. FBI/THE ASSOCIATED PRESS

Loverspy. Developer on FBI's most wanted list

The FBI this week added to its list of most wanted cybercriminals a former San Diego college student who developed an $89 US program called Loverspy or Email PI.

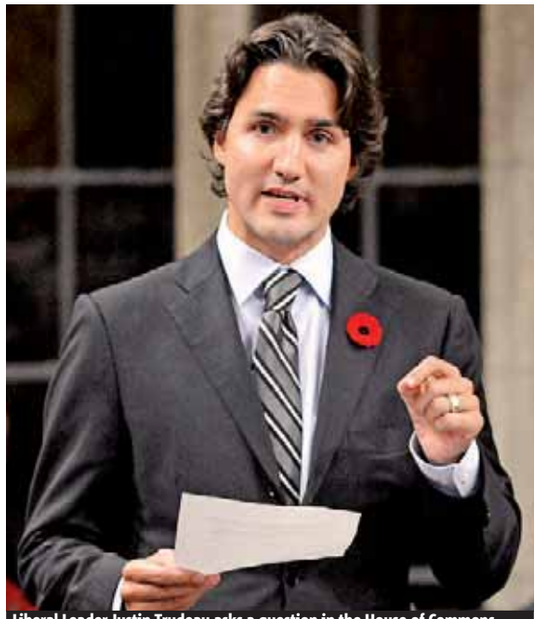
Sold online from his apartment, the program would send the suspected cheater an electronic greeting card that, if opened, would install malicious software that could capture emails and instant messages, even spy on someone using the victim's own webcam.

Carlos Enrique Perez-Melara, 33, has eluded authorities since his July 2005 indictment. His last known whereabouts were in El Salvador, where he was born.

Perez-Melara appears to have made relatively little money on the scheme, unlike others on the FBI list who were accused of bilking millions of dollars from businesses and Internet users worldwide. But Perez-Melara, who was in the United States on a student visa in 2003 when he sold the spyware, allegedly helped turn average computer users into sophisticated hackers who could stalk their victims.

THE ASSOCIATED PRESS

Twitterverse all atwitter over Trudeau 'ladies-only' e-vite



Liberal Leader Justin Trudeau asks a question in the House of Commons earlier this week. SEAN KILPATRICK/THE CANADIAN PRESS

Invitation to fundraiser. Hundreds joined the pile-on, pouring on the sarcasm and mockery

A Liberal fundraiser aimed at capitalizing on leader Justin Trudeau's popularity among women is being denounced as sexist and patronizing by his political foes — and even by some Liberals.

The backlash started instantly late Wednesday when Trudeau tweeted that he was looking forward to "cocktails and candid conversation" at the $250-a-head event in Toronto on Thursday.

Fighting back

"Get a grip, people. It's an e-vite, not a platform."

Amanda Alvaro, organizer of the fundraiser, in a tweet following the Twitter-storm.

The accompanying electronic invitation to "Justin Unplugged" features stylized close-ups of the leader with a come-hither stare and the message: "Ladies, you're invited to (really) get to know the future prime minister."

Scribbled in grade-school cursive font around the margins are a series of questions: "What's your favourite virtue?" "Who are your real life heroes?" "What is the biggest issue facing women?"

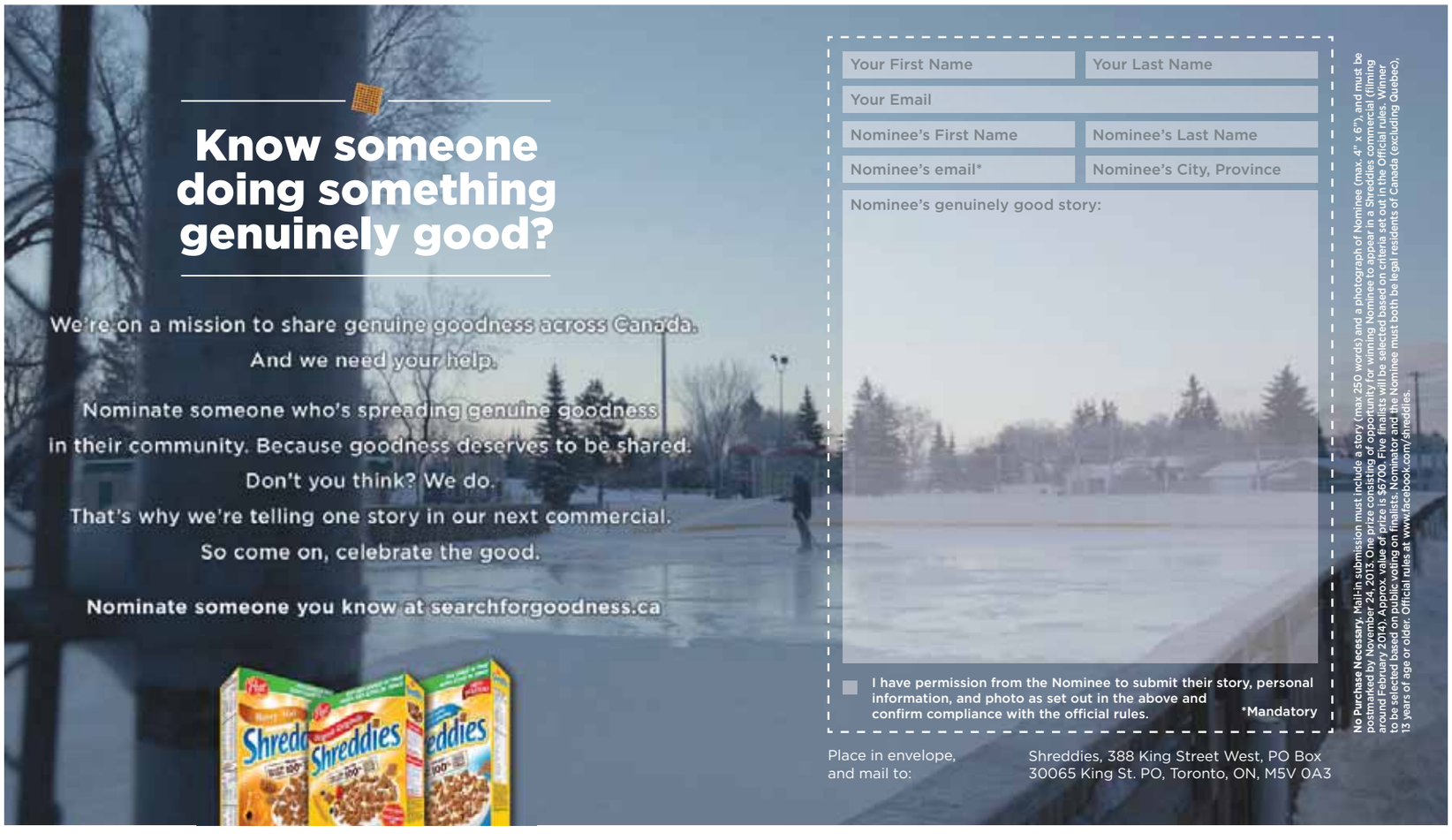
The resulting Twitterstorm was fierce, generating its own hashtag: #askjustin.

"Who organized this? Barbie?," tweeted Lisa Kirbie, a Liberal commentator.

The organizer of the fundraiser, Amanda Alvaro, fought back, tweeting that the event was "organized BY women, FOR women with a (clearly) intriguing e-vite designed to inspire dialogue."

Trudeau himself took to answering questions posed by people under #askjustin.

THE CANADIAN PRESS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No Purchase Necessary. Mail-in submission must include a story (max 250 words) and a photograph of Nominee (max. 4" x 6"), and must be postmarked by November 24, 2013. One prize consisting of opportunity for winning Nominee to appear in a Shreddies commercial (filming around February 2014). Approx. value of prize is $6700. Five finalists will be selected based on criteria set out in the Official rules. Winner to be selected based on public voting on finalists. Nominator and the Nominee must both be legal residents of Canada (excluding Quebec), 13 years of age or older. Official rules at www.facebook.com/shreddies.

Twitter has never made a profit but is valued at $31B

News worth tweeting about. Social network hits the New York Stock Exchange and flies much higher than expected

Shares of Twitter went on sale to the public for the first time Thursday, instantly leaping more than 70 per cent above their offering price in a dazzling debut that exceeded even Wall Street's lofty hopes.

By the closing bell, the social network that reinvented global communication in 140-character bursts was valued at $31 billion US — nearly as much as Yahoo Inc., an Internet icon from another era, and just below Kraft Foods, the grocery conglomerate founded more than a century ago.

The stock's sizzling performance seemed to affirm the bright prospects for Internet companies, especially those focused on mobile users. And it could invite more entrepreneurs to consider IPOs, which lost their lustre after Facebook's first appearance on the Nasdaq was marred by glitches.

Twitter, which has never turned a profit in the seven years since it was founded, worked hard to temper expectations ahead of the IPO, but all that was swiftly forgotten when the market opened.

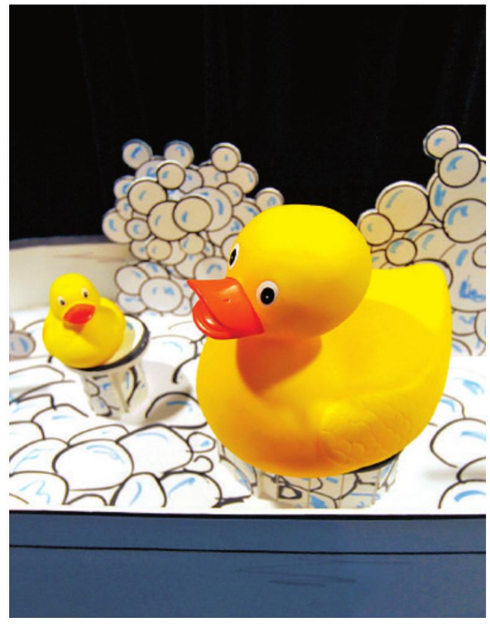
Still, most analysts don't expect the company to be profitable until 2015.

THE ASSOCIATED PRESS

Twitter goes where it's never gone before, the NYSE

Twitter gave users the opportunity to ring NYSE's opening bell instead of executives.

- The users included Sir Patrick Stewart, Capt. Jean-Luc Picard in Star Trek: The Next Generation; Vivienne Harr, a 9-year-old girl who ran a lemonade stand for a year to raise money to end child slavery; and Cheryl Fiandaca of the Boston Police Department.



Rubber duckie you're the one ... chosen for the toy hall of fame

Rubber ducks are on display during the National Toy Hall of Fame ceremony at the National Museum of Play at The Strong in Rochester, N.Y. The rubber duck and the ancient game of chess were inducted into the toy hall of fame Thursday. DEMOCRAT & CHRONICLE/CARLOS ORTIZ/THE ASSOCIATED PRESS

Random biz fact of the day

68%

68 per cent of employers will find candidates on Facebook.
BEHIRING/NEXCAREER

GETTY IMAGES FILE

Market Minute

DOLLAR
95.59 ¢ (-0.40¢)

TSX
13,294.20 (-86.21)

OIL
$94.20 (-60¢)

GOLD
$1,308.50 US (-$9.30)

Natural gas: $3.53 US (+1¢)
Dow Jones: 15,593.98 (-152.90)

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OR **5x** the AIR MILES reward miles
on each item when total purchase is $80 or more.
SKU: 991-811-980-0001[5]

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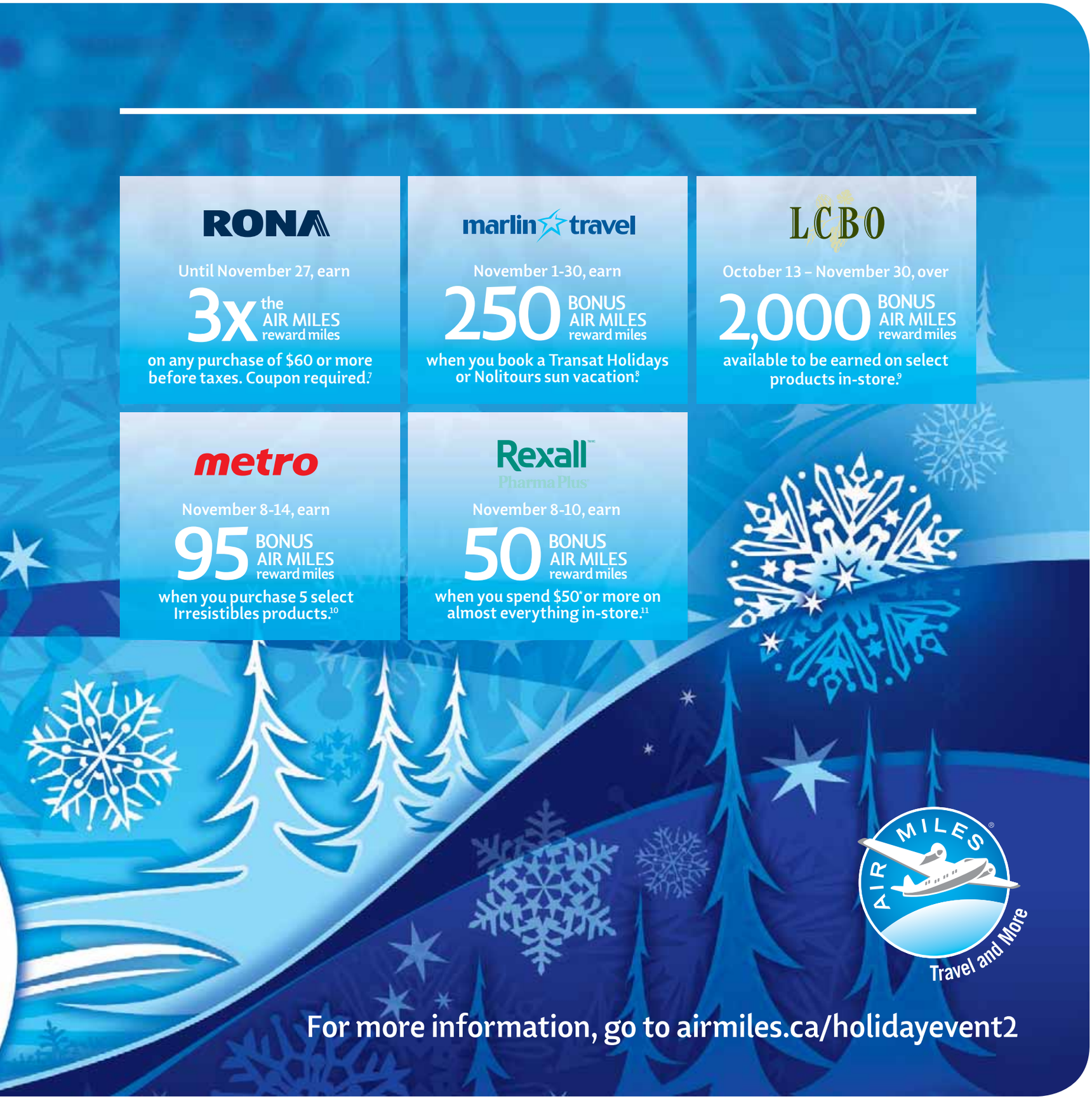
with Shell Bronze, Silver or Diesel fuel.* No coupon required!
*Minimum $30 fuel purchase per transaction.[6]

1 Michaels: AIR MILES Bonus offer valid November 8-14, 2013 on a purchase of $50 or more including taxes and service fees. Offer valid at participating Michaels locations in Canada, excluding Quebec. AIR MILES Collector Card must be presented at time of purchase. Qualifying purchase must be spent in a single transaction. No coupon required. Offer applies to the total base reward miles earned on a qualifying purchase. Michaels base offer is 1 reward mile for every $25 spent in each calendar month. Does not include Michaels® Buy the Bunch™ Customer Special Order Service. Other exclusions may apply. Reward miles will be posted to AIR MILES Collector Account within 60 days of purchase date. Michaels and the Michaels logo and other trademarks and logos used on this site are owned or licensed by Michaels Stores, Inc. All rights reserved. ®/™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Michaels Stores, Inc. **2 TRU/BRU**: Earn 10X AIR MILES® reward miles when you spend $80 or more. Bonus AIR MILES® offer is valid November 8-10, 2013 when you present your Collector card at time of purchase at any Toys"R"Us and Babies"R"Us store location and online at toysrus.ca and babiesrus.ca. Offer not valid in Quebec stores. Excludes all taxes, shipping charges, delivery services, assembly services, buyer protection plans, gift cards, electronic levies, charitable donations, environmental fees and other third-party fees. Other exclusions may apply. See store for details. Valid for a minimum purchase of $80 in a single transaction. No coupon or promo code required. Offer cannot be combined with any other AIR MILES® Offer, with the exception of Bonus offers on products. Bonus offers are only applicable for in-stock merchandise for the duration of the offer. Please allow 8 weeks post-promotion for Bonus reward miles to be credited to your Collector Account. Base offer is 1 reward mile for every $30 spent at any Toys"R"Us and Babies"R"Us store location and online at toysrus.ca and babiesrus.ca in each calendar month after all discounts and exclusions (listed above) are applied. ®/™Trademarks of AIR MILES® International Trading B.V. used under license by LoyaltyOne, Inc. and Toys"R"Us (Canada) Ltd. **3 Staples**: Offer valid November 8-10, 2013. Earn 20 Bonus AIR MILES reward miles on eligible purchase(s) with a net transaction of $75 or more in a single transaction, after discounts and before taxes. AIR MILES Collector Card must be included at time of purchase. Offer valid at all participating STAPLES in-store locations. Not valid on phone or online orders at Staples.ca. Exclusions include, but are not limited to, all taxes, delivery services, assembly services, all gift cards, self-serve copying, charitable donations, electronics levies, environmental and other third-party fees. Other exclusions may apply. See Staples associate for details. STAPLES® and that was easy® are registered trademarks of Staples, Inc., used under licence by Staples Canada Inc. ®/™/†Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Staples Canada Inc. **4 TCP**: Bonus AIR MILES offer is valid November 8-10, 2013 at all Canadian locations when you present your Collector Card at the time of purchase. Offer not valid on online purchases. No coupon required. Valid for a minimum purchase of $60 in a single transaction, net of refunds and exclusive of taxes, discounts, and gift card purchases. Offer not valid in Quebec. Offer cannot be combined with any other AIR MILES Bonus offer. This is an exclusive offer and is non-transferable. The Children's Place reserves the right to change or cancel the offer at any time. ®/™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and The Children's Place (Canada) L.P. **5 The Shoe Company**: Base offer is 1 reward mile for every $20 spent excluding online shipping and taxes. Limit 1 coupon/offer per transaction. Offer applies to each item when the purchase totals the required amount (excluding taxes).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when you book a Transat Holidays or Nolitours sun vacation.[8]
LCBO
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2,000 BONUS AIR MILES reward miles
available to be earned on select products in-store.[9]
metro
November 8-14, earn
95 BONUS AIR MILES reward miles
when you purchase 5 select Irresistibles products.[10]
Rexall
Pharma Plus
November 8-10, earn
50 BONUS AIR MILES reward miles
when you spend $50* or more on almost everything in-store.[11]
AIR MILES
Travel and More
For more information, go to airmiles.ca/holidayevent2

Offer cannot be combined with any other offer/coupon. No cash value. Offer valid at time of purchase with coupon only, applies to total base reward miles earned and cannot be combined with any other offer. Offer valid November 8-10, 2013. **6 Shell:** Offer valid November 4 – December 8, 2013 at participating Shell locations. Minimum $30 Shell V-Power[FT] premium fuel purchase required per transaction to earn the 10x offer. Minimum $30 Shell Bronze, Silver or Shell Diesel fuel purchase required per transaction to earn the 2x offer. Maximum number of 290 reward miles to be awarded per qualifying transaction. No coupon required. ®/™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Shell Canada Products. ®Trademark of Shell Brands International AG. Used under license. **7 RONA:** Excluding taxes and the purchase of gift cards. Offer valid November 7-27, 2013. AIR MILES Bonus offer available at participating RONA stores upon presentation of the coupon. Cannot be combined with any other offer, with the exception of Bonus offers on products. Bonus offer applies to the total base reward miles earned on qualifying purchase amount. Some conditions apply. Details in-store. **8 Transat:** Offer is valid on new, individual Transat Holidays and Nolitours vacation packages only including airfare and a minimum of 7 nights accommodation at a participating resort, booked between November 1- 30, 2013 for departures December 21, 2013 – April 30, 2014. Not applicable on group rates, child fares, land-only bookings or last-minute bookings (21 days or less prior to departure). Bonus offer cannot be combined with any other promotional offer except Early Booking Bonuses. Limit of one Bonus offer per room booked. Other conditions may apply. Full offer details are available from your Marlin Travel Professional. Offer Codes: MATTC250, MANOL250. Marlin Travel is a division of Transat Distribution Canada Inc. ON Reg. #50015084. BC Reg. #23567. Head Office: 191 The West Mall, Suite 700, Etobicoke, ON, M9C 5K8. ®/™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc., and Transat Distribution Canada Inc. For a complete list of participating hotels/resorts, visit www.marlintravel.ca. **9 LCBO:** Bonus AIR MILES® reward miles available on selected products from October 13, 2013 to November 30, 2013 at the LCBO. Offer available in Ontario only. While quantities last. Offer subject to change without notice. See store for details. **10 Metro:** Offer available on select Irresistibles products. Offer available only at select Metro locations in Ontario excluding Thunder Bay, from November 8-14, 2013. Bonus AIR MILES® reward miles will not appear on your cash register receipt. They will be automatically credited to your AIR MILES® Collector Account. Offer subject to change without notice. Some conditions apply. See in flyer for full details. Limit of one AIR MILES Bonus offer per collector account per day. **11 Rexall:** Offer valid November 8-10, 2013. Minimum purchase of $50 or more before taxes, after discounts and exclusions. Coupon must be surrendered at time of sale. One offer per applicable transaction only. Some exclusions may apply. See cashier for details. AIR MILES reward miles Bonus offer cannot be combined with any other AIR MILES reward miles Bonus offer or coupon offer at Rexall. No cash value. AIR MILES Base and Bonus offers exclude prescriptions, products containing codeine, postal service, stamps, Gift Card Express, Rexall Pharma Plus Gift Cards, lottery, transit tickets and taxes. Please allow 4-6 weeks after the offer date for reward miles to be deposited to your AIR MILES Collector Account. Rexall™* and Rexall™* Pharma Plus locations only in the province of Ontario, excluding the region of Thunder Bay and Western Provinces.

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 5

metronews.ca/temp

Random biz fact of the day

76%

Looks like it's time to retire DontPlayaHate69@hotmail.com — 76 per cent of CVs are ignored if your email address is unprofessional.

SOURCE: NEXCAREER

Payback

Who gives a Hoot about the interns?

Work in the high-tech sector can be volatile at the best of times. More than 25,000 digital media employees call Vancouver home. It's typical to work on a project, finish it and move on to the next opportunity.

It's feast or famine — especially famine if you're not getting paid.

Social media giant HootSuite, valued at over $1 billion, faced intense public scrutiny in April for hiring unpaid interns for positions that legally required financial compensation.

Vancouver-based HootSuite admitted their guilt.

"We will immediately rectify the issue by offering full payment, including interest incurred, to unpaid interns who had roles within our company," CEO Ryan Holmes said in a statement. MATT KIELTYKA/METRO

GETTY IMAGES

Temp is Conflicted Over Co-worker's Firing

Sarah No. 2 got the axe just before lunch: the curse of jeans day. To be practical, a company selling itself to China doesn't need someone to plan its long-term e-commerce solution. Her firing happened quickly, too. One moment she was lecturing about the excessive number of time-expired dairy products in the lunchroom fridge, the next she was standing in the lobby with a cardboard box full of generic desktop crap.

"I suppose you're happy to see me go," she said.

"Not really. I've never had to dumb myself down with you."

She gave me a judge-y looking sigh. "The world's not one big joke, you know, Shannon." She turned around to look at the dumping rain while waiting for her ride — which didn't seem to be coming. Looking out at the parking lot she got philosophical. "You know, I think that in the future we're going to look back on the 40-hour work week with three per cent unemployment as a social failure — everyone was busy, but no one was actually doing anything meaningful. Yes, you were busy all day, but so what?"

The phone rang. "Just a moment, Sarah... "Good morning. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. One moment, I'll connect you." I put down the receiver. "Sorry, you were saying?"

"I was saying that I think a 40-hour work week may well seem as odd and cruel to future citizens as seven-year-olds working in Victorian cotton mills does to us."

I thought about this. "I think you're right. Where's your ride?"

"According to my most recent text, it's stuck in traffic across town."

I quietly phoned Sarah a cab, and when it showed up, I gave her one of my taxi chits: "If it means anything, Sarah, the fridge grosses me out, too. It makes me think of Gwyneth Paltrow in Contagion, especially that scene in the morgue when they slice open her skull."

To be practical, a company selling itself to China doesn't need someone to plan its long-term e-commerce solution.

"Thank you, Shannon. I think that in your own way, you're being quite sweet." She gave me a small smile and hopped in the cab. It made me wonder if I ought to be nicer to the remaining Sarahs.

I looked at my watch... Lunch! Woohoo — freedom! Tattered back issues of InStyle magazine by the coffee maker! Last night's pasta in a Ziploc tub! Guys making lewd jeans day ass comments!

I sent Mr. Xu a quick text about our evening plans, and was leaving the front desk when the fire alarm went off and Rick from receiving ran into the office from the factory floor. "Holy crap, the warehouse is on fire!"

TO BE CONTINUED...

Random fact of the day

Facebook founder Mark Zuckerberg is red-green colour blind.

- This explains why Facebook is blue — it's the best colour Zuckerberg can see.

SOURCE: TIME.COM

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metronewstemp.eventbrite.ca

On November 12th, in partnership with the School of Creative Industries at Ryerson University, Metro is holding a free reader event at the Ted Rogers School of Management, downtown Toronto. Hosted by Metro's own man-about-film Richard Crouse, please join us for further discussion of the project, a reading of Temp by Douglas and a book signing.

fcad RYERSON UNIVERSITY metro

NOTHING LIKE WATCHING ICE CLEAR

THE METRO LIST

Neil Morton
metronews.ca

1 #InADrunkenStupor. In the moment of 2013, Rob Ford admitted, "Yes I have smoked crack cocaine," adding "Am I an addict? No. Have I tried it? Probably in one of my drunken stupors." And then the hashtag #InADrunkenStupor went viral on Twitter. An astonishing day, an astonishing moment in time. A super funny hashtag. A mayor that is cracking under pressure.

2 Lynn Coady. The Edmonton writer took home the 20th annual Giller Prize for her short story collection, Hellgoing, at a star-studded event in Toronto that had Jian Ghomeshi as host and George Stroumboulopoulos and Paul Haggis among the presenters. To make a long story short, this was only the fourth time in the award's history that a short story collection won the coveted prize.

3 @MadeInCanada. One of the funniest Canadian Twitter accounts is Cause We're Canadian (@MadeInCanada), which has nearly 85,000 followers. It has tweets like "Stop saying sorry!" "Sorry!" #CanadianProblems" and "We all watch the zamboni, just to make sure he doesn't miss a spot. #CanadianProblems". If this were a coffee table book, I would ask for it for Christmas.

4 Hockey Night in Canada Song Quest. You have until Nov. 20 to send your hockey-inspired song to CBC's Song Quest competition. If you win, you get to record a studio version of your song with Joel Plaskett and get to watch as it's aired at the start of a Hockey Night in Canada broadcast. The only thing I'm capable of is an extremely bad karaoke version of Bon Jovi's Livin' on a Prayer.

5 Small-town moment in big city. A Berlin street musician was performing the '80s classic Smalltown Boy by Bronski Beat when he was joined in the performance by the song's singer, Jimmy Somerville, who was out walking his dog. Just watch, when I'm singing Livin' On A Prayer some day at a karaoke bar, Bon Jovi will walk in and join me.

6 Five-year-old's Make-A-Wish. Miles, a little boy fighting leukemia, is a HUGE Batman fan. He will get to play his fave superhero Nov. 15 when thousands of volunteers through the Make-A-Wish Foundation help transform San Francisco into Gotham City for the boy. Miles will be Batman for a day, and do things like capturing the Puzzler in the act of robbing a downtown vault. Awesome.

7 YouTube Music Awards. The inaugural awards show had a decidedly raw feeling to it — in keeping with so many YouTube videos. The live webcast was directed by Spike Jonze, and the hosts Jason Schwartzman and Reggie Watts worked without a script and Lady Gaga performed wearing just a black cap, sunglasses and a plaid shirt. Yes, mainstream indie is in.

8 Katy Perry. She showed her tremendous Twitter power this week when she overtook Justin Bieber to take over the No. 1 position of Twitter followers, with nearly 47 million followers. (Lady Gaga is No. 3, Taylor Swift No. 4 and President Obama No. 5.) I am closing in quickly with 890 followers.

9 Dwight Howard. Some wondered whether the star NBA player would ever return to his old "Superman" form in his Orlando Magic days. After a dreadful year with the LA Lakers last year, his back has healed and his Houston Rockets are expected to make a title run — they are off to a 4-1 start. Yes, the Kryptonite is gone, and redemption is sweet.

10 The story of Twitter. A new book, Hatching Twitter, by New York Times reporter Nick Bilton brings to light the power struggle between the four founders as they built the startup that has now become one of the biggest social networks in the world — and just went public this week. If you don't want to buy it, no worries: I will tweet the entire book out word for word.

11 Miley Cyrus. She launched a redesigned website this week and the only way to describe it is butt ugly. Actually there are more ways to describe it: It's like a nine-year-old designed it. It's like a GeoCities page circa 1995. It's like Hannah Montana on an acid trip decided to be a web designer. Go to MileyCyrus.com and see what I mean.
Or don't.

Follow The Metro List on Twitter @TheMetroList

FOR THE LOVE OF THE MUG

Guess which mug belongs to which Metro temp? Is your mug chipped, stained and wrapped with a slogan such as 'A Griswold Christmas'? Send us a picture of the mug you use to readers@metronews.ca and we'll share it on our TEMP blog: iamtemp.tumblr.com

Photos by David Van Dyke

Vawn (the temp behind TEMP) Himmelsbach. One of the oddest assignments I've had as a temp is, well, posing for a photo along with my coffee mug.

While my mug accurately describes my personality, ironically, I have very little to say about it.

Matt (the desk defender) Kindred. My mug is from my apartment. It was given to me by my wife. I bring it to every temp position because I think it brings me good luck. The handle is large and therefore perfect for my grip, it does not heat up when coffee is poured into it.

Also, I love cartoons so anything with a drawing on it is great.

Mila (the travelling temp) Petkovic. The mug is a favourite of mine because it's bright, happy and silly. It reminds me to be light-hearted and just laugh at life when the going gets tough. What's the point of complaining or getting stressed? Life is just so much more enjoyable when you can find the humour in it. Wow, I've never thought so deeply about a mug before!

Clickbait

LUKE SIMCOE
Metro Online

Twitter's debut on the stock market Thursday may go down in history as the day Wall Street learned social media is about more than Justin Bieber and pictures of your lunch. Let's see what was trending on the site the day it went public.

THE ASSOCIATED PRESS

#Movember:

The annual moustache-growing challenge in support of prostate cancer was a hot topic Thursday, as Twitter users collectively complained about itchy beards and disgruntled girlfriends.

#meshcon:

Twitter's IPO coincided with the annual Mesh Conference in Toronto, an annual gathering of digerati looking for new ways to disrupt old paradigms. There was plenty of live-tweeting.

#throwbackthursday:

Not even Twitter's public offering could stop users from posting old photos of themselves as angsty teenagers.

#votearianagrande:

Canadian tweeps seemed to favour singer Ariana Grande, who's neck and neck with Austin Mahone in one of MTV's never-ending series of social media contests.

Twitter

@metropicks asked: A Liberal fundraiser for women called Justin Unplugged features chats on virtues and heroes. What should @JustinTrudeau discuss? #askjustin

@ejshillington: Justin, how I deal with cellulite AND an economic downturn AT THE SAME TIME?

@mirabw: Will women be allowed to vote with a pink pen in the next election?

@TerrenceCWatson: When @JustinTrudeau asks you what your favorite virtue is, the only answer he'll accept is "Your hair." #askjustin

@DrDawg: Can my Justin T-shirt be accessorized? #askjustinladyquestions

@J_Moneypenny: Hey @JustinTrudeau, can you be a lady AND the big spoon?? #askjustinladyquestions

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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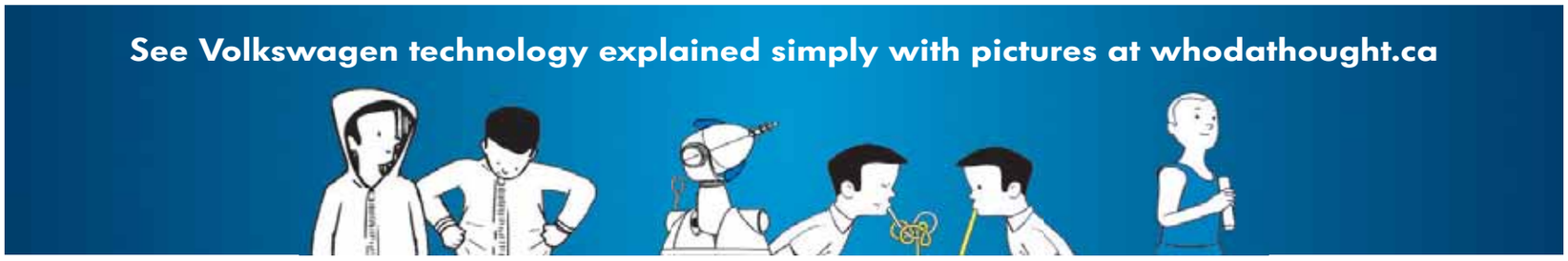

Synopsis

Each year on Nov. 11 we remember and celebrate "the men and women who have served, and continue to serve our country during times of war, conflict and peace." Remembrance Day is a time to pay respect to the sacrifices brave soldiers have made for our country. In observation The Reel Guys have compiled a list of movies to serve as a backdrop on this solemn day.

Paul Gross, left, and Caroline Dhavernas in a scene from Passchendaele, which is one of the most well-known movies featuring Canucks in battle. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

List of Remembrance Day gems, lest we forget

Enter the shoes of a soldier. The best movies to commemorate those lost in the horror of war from Saving Private Ryan to Passchendaele

Richard: Mark, the first war-themed film to really make an impression on me was The Best Years Of Our Lives. When I was a kid I watched it on television every November and although it's almost 70 years old the story of servicemen struggling to rebuild their lives after the Second World War is still timely and relevant. Perhaps it feels so authentic because the crew were all Second World War veterans and the main character, who faces discrimination after losing both hands in combat, was played by real-life disabled vet Harold Russell.

Mark: Don't know the movie, Richard. I grew up in a family of cowards and war movies were forbidden. And I don't know who said it — probably not Snooki — that "all great war movies are anti-war movies." That being said, I like the P.O.W. genre, with incarcerated soldiers plotting to get out. The Bridge On the River Kwai is one of the greatest, with a fine performance by Alec Guiness, but let's also include The Great Escape with Steve McQueen, and a left-field choice, Merry Christmas, Mr. Lawrence starring David Bowie. Waaaay left-field, Richard, if you get my drift.

RC: War films come in all shapes and sizes. If P.O.W. movies are your thing check out The Hill, a little known British film that features one of Sean Connery's best performances. Set during the Second World War in North Africa, it's the story of a stockade run by Brits to punish deserters. Connery wedged it in between Goldfinger and Thunderball and it is a stark contrast to the work he was doing in the Bond films at the time. As for your second thought, which I suspect should be attributed to Steven Spielberg and not Snooki, two films pop to mind. Saving Private Ryan and the First World War drama All Quiet on the Western Front. Both are masterfully made films that show the brutal reality of war from the point of view of the soldiers.

MB: I've seen The Hill. It's great. But the best anti-war movie might be Johnny Got His Gun, a minimalist squirmer told from the point of view of a blind, mute quadruple amputee. Fun times! And as far as soldiers on the ground, I would nominate Black Hawk Down, or Platoon, both of which put you right in the centre of a battle you may not be winning.

RC: We can't talk about war films so close to Remembrance Day without paying tribute to Canadian soldiers on screen. Paul Gross's Passchendaele is probably our best-known homegrown look at Canadians in battle but Hollywood has never shied away from depicting fighting Canadians. Canuck heroes are portrayed in the Devil's Brigade, The Battle of Britain and Attack on the Iron Coast among many others.

MB: Yes, Canadians excel in battle. Canadians also excel at harbouring war resisters, but I've yet to see THAT movie.

SCENE 2

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Action/Adventure

Thor: The Dark World

Director. Alan Taylor

Stars. Chris Hemsworth, Natalie Portman

●●●○○

It's hammer time as Marvel superhunk Thor (Chris Hemsworth) battles the vengeful Dark Elves for possession of an ancient WMD with the power to destroy his home planet Asgard, Earth and all realms between. Also at stake are the lives of father Odin (Anthony Hopkins), astrophysicist sweetheart Jane Foster (Natalie Portman) and trickster brother Loki (Tom Hiddleston). Although convoluted, the movie nimbly juggles the story and the action.

RICHARD CROUSE

Drama

Kill Your Darlings

Director. John Krokidas

Stars. Daniel Radcliffe, Dane DeHaan

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Daniel Radcliffe clearly sheds his Harry Potter cloak by portraying Allen Ginsberg in this true-life story set in the early lives of the beat generation poets. After meeting a rebellious student (rising star Dane DeHaan), Ginsberg is unwittingly dragged into an act of murder that helps shape his life. For fans of the mid-century counterculture movement, Darlings will be warmly welcomed but an undistinguished script deflates the dark mythology and its promising cast's performances.

STEVE GOW

Documentary

The Human Scale

Director. Andreas Dalsgaard

Stars. Jan Gehl, Rob Adams, He Dongquan

●●●●○

The Human Scale examines the proliferation of high-rise buildings around the globe, the relatively recent influx of people into the cities and the deadly effects of high density living on human life. According to the architects and social and civic planners interviewed here, cities are built with vehicular traffic flow the leading consideration and "human" needs for space, communication and nature are ignored. The film makes its case with elegance and artistry.

ANNE BRODIE

Drama

The Broken Circle Breakdown

Director. Felix van Groeningen

Stars. Veerle Baetens, Johan Heldenbergh

●●●○○

When Elise and Didier's young daughter is diagnosed with cancer, their seemingly perfect relationship begins to deteriorate. The film jumps forward and backward in time, with scenes of their intense romance juxtaposed against their present strained coexistence. Though the film is at times heavy-handed — the soundtrack and direction leave no question as to how the audience is meant to feel — it is nevertheless a powerful examination of the life cycle of a relationship. **REGAN REID**

Drama

Blue is the Warmest Color

Director. Abdellatif Kechiche

Stars. Léa Seydoux, Adèle Exarchopoulos

●●●○○

This Palme d'Or winning French film may be one of the most frank depictions of sexual awakening to ever hit mainstream screens. It certainly is one of the longest. In three hours it establishes the attraction between Adèle (Adèle Exarchopoulos), a high school student, and artist Emma (Léa Seydoux). It is love at first sight, and fiery, but will passion be enough to sustain it? Despite its length and raw performances from its leads, the film is more content to voyeuristically detail the action than delve into the story. **RICHARD CROUSE**

Partnership

Netflix partners with Marvel

Marvel will develop four original series for Netflix in a deal that gives the streaming service one of its most high-profile content partnerships. The companies announced Thursday that the four live-action, 13-episode series will begin streaming in 2015. Marvel Entertainment president Alan Fine says the shows will be "a serialized epic" that begins with Marvel's Daredevil and is followed by Jessica Jones, Iron Fist and Luke Cage. It will conclude with a miniseries of The Defenders. Last year, Netflix acquired the paid-TV rights to Walt Disney Studios movie releases beginning in 2016. Marvel Entertainment is owned by Disney. Financial terms of the deal were not disclosed. The development order is the most ambitious TV foray for the superhero factory Marvel.

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Who'da thought?

Das Auto.

It's not the size of the part that matters

The long-awaited film adaptation of Ender's Game has sparked more online discussion than most movies — whether among hardcore science-fiction fans or folks upset about author Orson Scott Card's anti-gay views — so it would make sense for its 16-year-old star, Asa Butterfield, to avoid the Internet. But he's not one for conventional wisdom, apparently. And while he's been making his mark in lead roles for the most part in his young career, Butterfield appreciates that it's not the size of the part that matters — something he picked up from "Glengarry Glen Ross" of all places.

Do you worry at all that the tag line on the poster is kind of a spoiler?
"This is not a game?" I'm quite an Internet buff. I Google around, and a lot of people will show up saying, "They showed the ending in the trailer!" It's like, if you already knew what the ending is then what's the point? But yeah, "This is not a game." Again, if you read the book then you can't really complain about there being spoilers.

Isn't it a bit dangerous when you're in a movie to go around looking for stuff about it online?
Obviously I've got to respect that of course other people are going to have opinions, but I think it's impossible to not read things on the Internet. It's so widespread. You know Reddit? I'm on Reddit quite a lot, and I find that however much other people's opinions influence you, if you enjoyed it and you think the film is amazing — which I think it is — as long as you think that, then sod what other people think, really.

The Internet is famous for prejudging things, especially big Hollywood films.
Yeah, you're right. It's hard to not think about them and think, "Wow, that's a good point." But wait, why are they jumping to conclusions? They haven't seen this film that we shot. So I'm sure when everyone sees it that everyone will be pleased.

The controversy over Orson Scott Card's view on gay marriage seems to have peaked well before the film's release. People seem to have moved on or forgotten about it for the most part.
Yeah, you're right. I hadn't thought about it that way, but it's sort of over now, and people have realized that the film is separate. We love the story, but we don't agree with the author's views. It's as simple as that. And so yeah, I'm glad that we can share it with everyone being open to it.

I had my suspicions the public attention span wasn't that long.
No, you're right. Thankfully.

How do you approach choosing roles as a young actor?
I sort of have a checklist of things. Of course you want the story to be brilliant, and if the story isn't interesting then — no, you want the story to be interesting, definitely. Don't do a film if the story isn't interesting, that's probably No. 1 on the list. And then of course you want your character to be as interesting as possible and not just be there to fill in the gap. Then you look at the director and the crew — are they respectable, are they reputable. Yeah, if it ticks all those boxes then generally I find it's a good project.

Asa Butterfield, left, stars in Ender's Game, which opened Friday. CONTRIBUTED

Are there any areas where you can compromise if need be?
For me, definitely one of the most important parts is the character. It may be a lead, it may be a supporting part, it may just be very little, but as long as you can make your mark on the film, then you've sort of done your job. And one of the films I always refer to when talking about this is, do you know the Glengarry Glen Ross film? Alec Baldwin comes in at the start and pretty much just tells them to sharpen up. That scene, I mean that has one of the best pieces of acting I have ever seen — and it's his only scene in the film.

NED EHRBAR/METRO

Tech

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D VOLKSFEST
SALES EVENT

A story of lovers in a dangerous time

How I Live Now. Actor George MacKay talks about the high stakes of love and war

NED EHRBAR
Metro World News in Hollywood

Young British actor George MacKay isn't taking anything for granted in his career, with a number of films due out and more on the way. Chief among them is How I Live Now, Kevin Macdonald's adaptation about young lovers (MacKay and Saoirse Ronan) struggling to survive in a war-torn modern-day England.

This film is something of a surprise with its mix of elements and styles.
I think that's down to Kevin, really. The source material, too. Meg Rosoff, who wrote the novel, is very no-nonsense. It's funny meeting her because she writes such a moving book but at the same time she's very matter-of-fact and no bulls—. And that was carried on to the script and Kevin's filmmaking. It's very honest. And love is a serious matter. It's something that can be romanticized and heightened as it is, but stakes are high in a very serious way when we're in love, and it means the world to you, it is your world. So I think it's perfectly legitimate to look at it very seriously and have the stakes that high.

And you've got some intense geopolitical elements thrown in as well.
Yeah, this sort of faceless enemy that is sort of everyone today. Because the characters in the story are so blissfully unaware and in their own bubble, it's only when they're physically torn apart that it becomes a real, real reality. So we didn't feel the need to be specific about who's actually invading. I don't think they went home and watched the news at the end of the day and kept tabs on everything. I think they were just completely involved with each other.

How I Live Now opens next Friday. CONTRIBUTED

Even before her character meets yours, Saoirse is pretty oblivious to world events.
It's that thing today. It's bad that it happens so often that you get numb to it. I think that's more of a comment on people now, just people in general, like all the terrible stuff that's going on in Syria. It's daily that things are happening, and you see it, but until that is your own mother blown to bits or something, you kind of get numb to it, which is terrible in a way.

Besides this, you have several other films coming out soon. How are you enjoying this part of your career?
It's lovely. I just love working. I think it's a novelty you can never take for granted because you never know when your next job is coming in, so you can only concentrate on what you're doing at the time and make the best of it and put everything you can into it. Until you're a kind of A-lister or something, I don't think you can really plot your next move. You just have to take the opportunity when it comes if it's right and work your ass off to get it.

So what is that next opportunity for you?
The next work that I'll be doing is a film called Pride, which is a lovely true story from 1984. There was this gay rights activist who then teamed up with the miners and started collecting for the miners and became a massive source of money, and in turn the miners came to support gay rights and a bunch of movements got passed.

PETER TRAVERS, Rolling Stone
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Bloor Hot Docs Cinema
506 Bloor St.

48 Hour Film Project (STC) Sun 3:30
A Crisis Through Lenses (STC) Thu 6:30
The Human Scale (PG) Fri 4:15-6:30 Sat 2:15-6:45 Sun 1-9 Mon 9:30 Tue 9 Wed 8:45 Thu 1:30-9
Inequality for All (PG) Fri 8:45 Sat 12-4:30-9 Sun 6:45 Wed 6:30
Ma vie réelle (STC) Tue 6:30
Pianomania (STC) Mon 6:30

Carlton, 20 Carlton St.

The Counselor (14A) Fri-Sat 4:10-9:25 Sun 9:25 Mon-Thu 4:10-9:25
The Disappeared (STC) Fri-Thu 1:30-4-6:45-9
Don Jon (18A) Fri-Wed 1:45-7:10 Thu 1:45
Ender's Game (PG) Fri-Thu 1:20-4:05-6:55-9:20
Enough Said (PG) Fri-Thu 1:35-4:20-7-9:15
The Fifth Estate (14A) Fri-Sat 1:25-6:40 Sun 6:40 Mon-Thu 1:25-6:40
Jackass Presents: Bad Grandpa (14A) Fri-Thu 1:40-3:55-7:05-9:35
Last Vegas (PG) Fri-Thu 1:45-4:15-7-9:30
Oil Sands Karaoke (14A) Fri-Thu 4-9
Random Acts of Romance (STC) Fri-Thu 1:50-6:50
Reel Awareness Human Rights Film Festival (STC) Thu 7
Rush (14A) Fri-Wed 3:55-9:15 Thu 3:55
Thor: The Dark World (PG) Fri-Thu 1:15-3:50-6:45-9:10
Toronto Film Society (STC) Sun 2
The World Before Her (PG) Wed 7

Scotiabank Theatre
259 Richmond St.

The Counselor (14A) Fri-Wed 1:50-4:50-8-10:50 Thu 12:50-3:35-7:40-10:50
Don Jon (18A) Fri-Thu 2-4:20-6:40-8:55-11:10
Escape Plan (14A) Fri 1:20-4:10-7:40-10:20 Sat 12:40-5-7:40-10:20 Sun 1:20-4:15-7:40-10:20 Mon-Wed 1:20-4:10-7:40-10:20 Thu 1:20-4:10-10:20
Gravity 3D (PG) Fri-Sun 12:10-1:10-2:20-3:40-4:40-6:10-7:20-8:35-9:50-11 Mon-Tue 1:10-2:20-3:40-4:40-6:10-7:20-8:35-9:50-11 Wed 2:20-3:40-4:40-6:10-7:20-8:35-9:50-11 Thu 1:10-2:20-3:40-4:40-6:10-7:20-8:35-9:50-11
Last Vegas (PG) Fri 12-2:30-5-6:50-7:45-9:30-10:15 Sat 12-2:30-5:15-6:50-7:45-9:30-10:15 Sun 12-1:40-2:30-4:10-5-6:50-7:45-9:30-10:15 Mon 1:40-2:30-4:05-5-7:45-9:30-10:15 Tue 1:40-2:30-4:15-5-6:50-7:45-9:30-10:15 Wed 12:50-2:30-3:25-5-6:50-7:45-9:20-10:15 Thu 1:40-2:30-4:15-5-6:50-7:45-9:30-10:15
The Metropolitan Opera: Tosca (STC) Sat 12:55
Prisoners (14A) Fri-Sun 12:20-3:50-7:10-10:40 Mon-Thu 12:30-3:50-7:10-10:40
Rush (14A) Fri 12:40-3:30-6:30-9:40 Sat 3:30-6:30-9:40 Sun-Tue 12:40-3:30-6:30-9:40 Wed 12:40-3:30-9:30 Thu 12:40-3:30-6:30-9:40
Thor: The Dark World (PG) No Passes Fri-Tue 12:30-3:20-6:20-9:20 No Passes Wed 12:30-3:20-6:20-9:40 No Passes Thu 12:30-3:20-6:20-9:20
Thor: The Dark World — An IMAX 3D Experience (PG) No Passes Fri-Thu 1:30-4:30-7:30-10:30
Thor: The Dark World 3D (PG) No Passes Fri-Sun 12-1-2:45-4-5:40-7-8:45-10 No Passes Mon-Thu 1-2:45-4-5:40-7-8:45-10 No Passes Fri-Thu 2:10-5:10-8:10-11:10

Market Square

80 Front St.

About Time (14A) Fri-Wed 1:05-3:45-6:50-9:40 Thu 3:45-6:50-9:40
Captain Phillips (14A) Fri-Thu 12:30-3:35-6:55-9:35
Ender's Game (PG) Fri 12:55-3:40-7-9:40 Sat 12:55-3:40-7-9:40-11:25 Sun-Mon 3:40-9:40 Tue 12:55-3:40-7-9:40-11:25 Wed 3:40-9:40 Thu 12:55-3:40-7-9:40 Sun-Mon 12:55-7 Wed 12:55-7
Free Birds (G) Fri-Thu 12:35-2:50-5-7:10-9:20
Gravity (PG) Fri-Thu 12:45-5:10-7:20
Jackass Presents: Bad Grandpa (14A) Fri 3:05-9:30 Sat 3:05-9:30-11:35 Sun-Mon 3:05-9:30 Tue 3:05-9:30-11:35 Wed-Thu 3:05-9:30
Thor: The Dark World (PG) No Passes Fri 12:50-3:30-6:45-9:25 No Passes Sat 12:50-3:30-6:45-9:25-11:15 No Passes Sun-Mon 12:50-3:30-6:45-9:25 No Passes Tue 12:50-3:30-6:45-9:25-11:15 No Passes Wed-Thu 12:50-3:30-6:45-9:25

Revue Cinema
400 Roncesvalles Ave.

Despicable Me 2 3D (G) Sat 2
Lee Daniels' The Butler (14A) Fri-Sat 6:45 Sun-Tue 9:30
Parkland (PG) Wed 9:30 Thu 7
Prisoners (14A) Fri 9:15 Sat 4-9:15 Sun-Mon 6:45 Wed 6:45 Thu 9

The Royal
608 College St.

Call Theatre For Showtimes (STC) Tue
Chasing Fortune (STC) Mon 7
European Union Film Festival (STC) Thu 8:30
No Films Showing Today (STC) Wed
Toronto Reel Asian International Film Festival (STC) Fri 6-8-11:15 Sat 1-4-7-9:45 Sun 2-5:30-8

Varsity
55 Bloor St. W.

12 Years a Slave (14A) Fri-Sun 1:15-4:15-7:15-10:15 Mon-Thu 2:35-5:35-8:45 Fri-Sun 12:45-3:45-6:45-9:55 Mon-Thu 1:55-5-8:15
About Time (14A) Fri-Sun 12:35-3:20-6:10-9 Mon-Thu 1:35-4:20-7:15-10:05
All Is Lost (PG) Fri-Sun 1:50-4:25-6:55-9:25 Mon-Wed 2:15-4:45-7:20-9:55 Thu 3-7:30
Blue Is the Warmest Color (STC) Fri-Thu 2-5:45-9:30 Fri-Thu 1:30-5:15-9:15
Captain Phillips (14A) Fri-Sun 1:05-4:05-7:05-10:10 Mon-Thu 2:30-5:30-8:30
Dallas Buyers Club (18A) No Passes Fri-Sun 1-1:40-3:40-4:20-6:20-7-9:10-9:50 No Passes Mon-Wed 1:30-2:10-4:10-4:50-6:50-7:30-9:35-10:10 No Passes Thu 1:30-2:10-4:10-4:50-6:50-9:35-10:10 No Passes Fri 12:30-9:30 No Passes Sat-Sun 12:30-3:15-6-8:50 No Passes Mon-Thu 1:50-4:25-7:10-9:50
Gravity 3D (PG) Fri-Sun 12:55-3:05-5:20-7:45-10 Mon-Thu 2:20-4:30-6:45-9 Fri 7:25-9:45 Sat-Sun 12:30-2:45-5-7:25-9:45 Mon-Thu 1:45-4:05-6:20-8:50
Pipes & Sticks on Route 66 (STC) Thu 6:30

Canada Square
2200 Yonge St.

About Time (14A) Fri 4:10-6:50-9:30 Sat-Sun 1-3:40-6:25-9:10 Mon-Thu 4:10-6:50
All Is Lost (PG) Fri 4:55-7:15-9:35 Sat-Sun 2:30-4:55-7:15-9:35 Mon-Thu 4:50-7:10
Blue Jasmine (14A) Fri 4:10-6:25-8:50 Sat-Sun 1:35-3:50-6:20-8:50 Mon-Thu 4-6:20
Cloudy With a Chance of Meatballs 2 (G) Sat-Sun 1:30
Cloudy With a Chance of Meatballs 2 3D (G) Fri 4-6:10-8:20 Sat-Sun 3:45-6:10-8:30 Mon-Thu 4:45-6:55
The Counselor (14A) Fri 4:05-6:45-9:25 Sat-Sun 1:20-4:05-6:45-9:25 Mon-Thu 4:05-6:45
Enough Said (PG) Fri 4:20-6:30-8:40 Sat-Sun 2-4:15-6:30-8:40 Mon-Thu 4:15-6:30
Lee Daniels' The Butler (14A) Fri 4-6:50-9:40 Sat-Sun 1:10-4-6:50-9:40 Mon-Thu 4-7
She's the One (STC) Fri 4:30-7:05-9:40 Sat-Sun 1:50-4:30-7:10-9:40 Mon-Thu 4:30-7:05

Mt. Pleasant Theatre
675 Mt.Pleasant Rd.

Love Is All You Need (14A) Fri-Sat 9:05
No Films Showing Today (STC) Mon
Wadjda (PG) Fri-Sat 7 Sun 4:30-7 Tue-Thu 7

Regent Theatre
551 Mt.Pleasant Rd.

Hannah Arendt (PG) Sat 7 Sun 4:30 Tue-Wed 7
Museum Hours (PG) Sat 9:10 Sun 7 Thu 7
No Films Showing Today (STC) Fri Mon

Yonge-Eglinton Centre
2300 Yonge St.

12 Years a Slave (14A) Fri 12:20-3:20-6:30-9:50 Sat 12:20-3:30-6:30-9:50 Sun 12:20-3:20-6:30-9:50 Mon-Thu 1:20-4:20-7:20-10:20
Captain Phillips (14A) Fri 12:40-3:40-6:50-10 Sat 7:40-10:45 Sun 12:40-3:40-6:50-10 Mon-Thu 1:10-4:10-7:10-10:10
Ender's Game (PG) Fri 1:20-4:20-7:10-10:10 Sat 7:10-10:10 Sun 1:20-4:20-7:10-10:10 Mon-Tue 1:30-4:30-7:30-10:25 Wed 4:30-7:30-10:25 Thu 1:30-4:30-7:30-10:25 Sat 12:40-3:20
Star & Strollers Screening Wed 1
Free Birds (G) Fri-Sun 12 Mon-Thu 1:40
Free Birds 3D (G) Fri-Sun 2:10-4:30-6:40-9:10 Mon-Thu 3:45-6:30-9
Gravity 3D (PG) Fri 12:10-2:40-5-7:40-10:30 Sat 12:10-2:40-5 Sun 12:10-2:40-5-7:40-10:30 Mon-Thu 2:10-5-8-10:15 Sat 7-10
Jackass Presents: Bad Grandpa (14A) Fri 3:30-6-8:30-10:50 Sat 6-8:30-10:50 Sun 3:45-6-8:30-10:50 Mon-Tue 2:20-5:10-8:10-10:30 Wed 2:20-5:10-10:20 Thu 1-3:20-10:30
Last Vegas (PG) Fri 12:30-3-5:30-8-10:50 Sat-Sun 12:30-3-5:30-8-10:40 Mon-Tue 1:15-3:50-6:40-9:40 Wed 3:50-7:50-10:30 Thu 1:15-3:50-6:40-9:40 Star & Strollers Screening Wed 1
The Metropolitan Opera: Tosca (STC) Sat 12:55
Out of Africa (STC) Sun 12:45
Royal Shakespeare Company: Richard II (STC) Wed 7
Thor: The Dark World 3D (PG) No Passes Fri-Sun 1:10-4:10-7:20-10:20 No Passes Mon-Tue 1:10-4-7-10 No Passes Wed 1:10-4-6:50-10 No Passes Thu 1:10-4-7-10 No Passes Fri-Sun 11:45-2:30-5:20-8:10-11 No Passes Mon-Thu 2-4:50-7:40-10:30

Yonge & Dundas 24
10 Dundas St East

12 Years a Slave (14A) Fri 1:30-4:25-7:25-10:25 Sat-Sun 1:15-4:25-7:25-10:25 Mon-Thu 1:30-4:25-7:25-10:25
About Time (14A) Fri-Wed 1:40-4:30-7:20-10:10 Thu 4:50-7:20-10:10 Star & Strollers Screening Thu 2

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Yonge & Dundas 24 10 Dundas St East

All the Wrong Reasons (14A) Fri-Thu 7:30-10:30
The Aviator (14A) Fri 6:50 Sat 8 Sun 3:45 Mon 2:30 Wed 2:30
Blood and Ties (STC) Fri 1:45-4:10-7-9:50 Sat-Sun 12:20-2:50-5:15-7:40-10:05 Mon-Thu 1:45-4:10-7-9:50
Captain Phillips (14A) Fri 3:30-6:45-9:45 Sat-Sun 12:30-3:30-6:45-9:45 Mon-Thu 3:30-6:45-9:45
Carrie (14A) Fri 2:35-5:05-7:50-10:20 Sat-Sun 12:05-2:35-5:05-7:50-10:20 Mon-Thu 7:50-10:20
Cloudy With a Chance of Meatballs 2 (G) Fri 1:55 Sat-Sun 11:55 Mon-Thu 1:55

Cloudy With a Chance of Meatballs 2 3D (G) Fri 4:50-7:10-9:30 Sat-Sun 2:30-4:50-7:10-9:30 Mon-Thu 4:50-7:10-9:30
Diana (PG) Fri-Thu 1:45-4:20-7:05-10
Ender's Game (PG) Fri 3:45-6:30-9:15 Sat-Sun 1-3:45-6:30-9:15 Mon-Tue 3:45-6:30-9:15 Wed 3:45-6:30 Thu 3:45-6:30-9:15
Ender's Game: The IMAX Experience (PG) Fri-Thu 2-4:45-7:30-10:15
Enough Said (PG) Fri 2:20-4:45-7:15-9:35 Sat-Sun 11:45-2:20-4:45-7:15-9:35 Mon-Wed 7:15-9:35 Thu 7:40-10
The Fifth Estate (14A) Fri 1:35-4:25-7:35-10:25 Sat-Sun 12:50-4:15-7:15-10:25 Mon-Thu 7:35-10:25
Free Birds (G) Fri 2:15-4:55 Sat-Sun 12:05-2:15-4:55 Mon-Thu 2:15-4:55
Free Birds 3D (G) Fri-Thu 1:30-3:40-5:50-8-10:15
Jackass Presents: Bad Grandpa (14A) Fri 1:30-2:25-3:45-4:40-6-6:55-8:15-9:10-10:30 Sat-Sun 12:10-1:30-2:25-3:45-4:40-6-6:55-8:15-9:10-10:30 Mon-Thu 1:30-3:45-6-6:55-8:15-9:10-10:30
Kill Your Darlings (14A) Fri-Wed 1:50-4:35-7:35-10:05 Thu 4:35-7:35-10:05 Star & Strollers Screening Thu 2
Krrish 3 (PG) Fri 3:15-6:35-9:55 Sat-Sun 12-3:15-6:35-9:55 Mon-Thu 3:15-6:35-9:55
Muscle Shoals (PG) Fri 1:30
Muse: Live at Rome Olympic Stadium (STC) Fri 9:55 Sat 4 Sun 9:55 Mon 9:50 Tue 6:45 Thu 1:30
Out of Africa (STC) Fri 3:45 Sat 12:30 Sun 12:45-7 Tue 2:30
Pipes & Sticks on Route 66 (STC) Thu 6:30
Royal Shakespeare Company: Richard II (STC) Wed 7
Space Battleship Yamato (STC) Mon 7 Tue 9:30 Wed 10:15 Thu 3:40

TIFF Bell Lightbox

350 King St. West

35 rhums (14A) Sat 5
Beyond the Black Rainbow (14A) Sun 7
Blue Is the Warmest Color (STC) Fri 12:05-2:30-4-7-8:50 Sat-Sun 12:05-3:35-5:30-7:05-9:30 Mon 6-7:30-9:30 Tue 12:30-3:10-4-7:30-9:30 Wed 12:05-3:35-7-8:45 Thu 12:05-2:15-3:35-7:05-9:30
The Broken Circle Breakdown (18A) Fri-Sun 12-3-6:15-9 Mon 6:15-9 Tue-Thu 12-3-6:15-9
The Brood (R) Sat 7:30
Crash (14A) Fri 8:45
A Dangerous Method (14A) Sun 1
The Dead Zone (14A) Sat 2:30
Rabid (R) Fri 6:30
Tetsuo: The Iron Man (18A) Sat 10
To the Devil (14A) Sun
Watermark (G) Fri 12:20-1:15-3:40-6:40 Sat 12:15-2:45-7-9:10 Sun 12:25-2:45-8:45 Mon 6:45-9:05 Tue 12:05-2:30-4:10-6:45-7:05-9:15 Wed 12:05-2:15-4:30-6:45 Thu 12:20-2:45-4-7:05-9:20
White Material (14A) Sun 3:45

Albion Cinemas 1530 Albion Rd.

Krrish 3 (PG) Fri 4:15-6:15-7:30-9:30 Sat-Sun 1-2:45-4:15-6:15-7:30-9:30 Mon-Thu 4:15-6:15-7:30-9:30

Queensway 1025 The Queensway

12 Years a Slave (14A) Fri 1:10-4:10-7:20-10:30 Sat 12-1:10-4:10-7:20-10:30 Sun 1:10-4:10-7:20-10:30 Mon-Thu 12:55-3:55-7:05-10:15
About Time (14A) Fri 1:50-4:45-7:40-10:35 Sat 11:05-1:50-4:45-7:40-10:35 Sun 1:50-4:45-7:40-10:35 Mon-Tue 1:35-4:30-7:25-10:20 Wed 4:30-7:25-10:20 Thu 1:35-4:30-7:25-10:20 Star & Strollers Screening Wed 1
Black Beauty (STC) Sat 11
Captain Phillips (14A) Fri 12:55-4:05-7:15-10:25 Sat 12:30-3:35-7:15-10:25 Sun 12:55-4:05-7:15-10:25 Mon-Tue 12:40-3:50-7-10:10 Wed 12:40-3:50-6:30-10:35 Thu 12:40-3:50-7-10:10
Carrie (14A) Fri-Sun 9:40 Tue 9:25
Cloudy With a Chance of Meatballs 2 (G) Fri 12:30 Sat 11:50 Sun 2:25 Mon-Thu 1:50
Cloudy With a Chance of Meatballs 2 3D (G) Fri 4:40-7:10 Sat 2:15-4:40-7:10 Sun 4:50-7:10 Mon-Thu 4:25-6:55
The Counselor (14A) Fri 12:50-3:45-6:40-9:30 Sat 6:40-9:30 Sun 12:50-3:45-6:40-9:30 Mon 12:40-3:30-9:15 Tue 12:40-3:30-6:25-9:15 Wed 1:05-3:45-9:40 Thu 12:40-3:30-9:15
Ender's Game (PG) Fri 2:10-5-7:50-10:40 Sat 12:50-3:40-5-7:50-10:40 Sun 2:10-5-7:50-10:40 Mon 1:10-4:05-6:25-10:25 Tue 1:55-4:45-7:35-10:25 Wed 4:45-7:35-10:25 Thu 12:35-3:25-6:25-10 Star & Strollers Screening Wed 1
Escape Plan (14A) Fri 1:20-4-6:50-9:35 Sat 6:50-9:35 Sun 4-6:50-9:35 Mon 9:25 Tue 6:50-9:40 Wed-Thu 9:25
Free Birds (G) Fri 1:05 Sat 11:05-4:50 Sun 12-1:05 Mon-Thu 12:50
Free Birds 3D (G) Fri-Sun 3:20-5:35-7:55-10:10 Mon-Thu 3:05-5:20-7:40-9:55
Gravity 3D (PG) Fri 12:25-2:40-5:05-7:35-10 Sat-Sun 12:10-2:40-5:05-7:35-10 Mon-Tue 1-3:15-5:40-8:05-10:30 Wed 12:55-3:15-5:40-8:05-10:30 Thu 1-3:15-5:40-8:05-10:25
Jackass Presents: Bad Grandpa (14A) Fri-Sun 1:15-3:30-5:55-8:20-10:45 Mon 2:25-4:50-7:20-9:45 Tue 1:40-4:05-7:20-9:45 Wed-Thu 2:25-4:50-7:20-9:45
Last Vegas (PG) Fri 2:50-5:25-8:10-10:50 Sat 12:05-2:50-5:25-8:10-10:50 Sun 2:50-5:25-8:10-10:50 Mon-Tue 2:30-5:10-7:55-10:35 Wed-Thu 2:30-5:10-7:55-10:30
The Metropolitan Opera: Tosca (STC) Sat 12:55
Out of Africa (STC) Sun 12:45
Pipes & Sticks on Route 66 (STC) Thu 6:30
Royal Shakespeare Company: Richard II (STC) Wed 7
Space Battleship Yamato (STC) Mon 7
Thor: The Dark World (PG) No Passes Fri 12:20-3:10-6:30-9:20 No Passes Sat 12:20-3:10-6:35-9:20 No Passes Sun 12:20-3:10-6:30-9:20 No Passes Mon-Thu 2:55-6:15-9:05
Thor: The Dark World 3D (PG) No Passes Fri 1-1:40-3:50-7-7:30-9:50-10:20 No Passes Sat 11-1-1:40-3:50-4:30-7-7:30-9:50-10:20 No Passes Sun 1-1:40-3:50-4:30-7-7:30-9:50-10:20 No Passes Mon-Thu 12:45-1:25-3:35-4:15-6:45-7:15-9:35-10:05 No Passes Fri 2:20-5:10-8-10:50 No Passes Sat 11:35-2:20-5:10-8-10:50 No Passes Sun 2:20-5:10-8-10:50 No Passes Mon-Tue 2:05-4:55-7:45-10:35 No Passes Wed 2:05-4:55-7:45-10:40 No Passes Thu 2:05-4:55-7:45-10:35

Woodbine Centre 500 Rexdale Blvd.

Captain Phillips (14A) Fri-Thu 12:55-3:50-6:40-9:25
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1:10-3:55
Ender's Game (PG) Fri-Thu 1:05-4-6:55-9:30
Escape Plan (14A) Fri-Thu 6:45-9:15
Free Birds (G) Fri-Thu 12:45-2:55-5-7:10-9:20
Jackass Presents: Bad Grandpa (14A) Fri-Thu 12:50-3-5:05-7:15-9:45
Last Vegas (PG) Fri-Thu 1:15-4:15-7:05-9:40
Thor: The Dark World (PG) No Passes Fri-Tue 1-3:45-7-9:35 No Passes Wed 3:45-7-9:35 No Passes Thu 1-3:45-7-9:35 Wed 1

Kingsway Theatre 3030 Bloor St. West

15 Reasons to Live (14A) Fri-Thu 1
Blue Jasmine (14A) Fri-Thu 11:45
Don Jon (18A) Fri-Thu 9:35
Escape From Tomorrow (14A) Fri-Thu 9:35
Good Ol' Freda (G) Fri-Thu 2:30
Griot (PG) Fri-Thu 11:30
Hannah Arendt (PG) Fri-Thu 5:55
Lee Daniels' The Butler (14A) Fri-Thu 3:30
Muscle Shoals (PG) Fri-Thu 4-7:40
Rush (14A) Fri-Thu 7:30
Thanks for Sharing (18A) Fri-Thu 1:30
Wadjda (PG) Fri-Thu 5:45

Humber Cinema 2:2442 Bloor St. West

The Counselor (14A) Fri-Thu 9:15
Ender's Game (PG) Fri 4:30-7-9:30 Sat-Tue 2-4:30-7-9:30 Wed-Thu 4:30-7-9:30
Free Birds (G) Fri 4:50-6:50 Sat-Tue 2:15-4:50-6:50 Wed-Thu 4:50-6:50
Gravity (PG) Fri 4:40-6:40-9 Sat-Tue 2:30-4:40-6:40-9 Wed-Thu 4:40-6:40-9
Thor: The Dark World (PG) Fri 4:20-7:10-9:40 Sat-Sun 1:45-4:20-7:10-9:40 Mon 4:20-7:10-9:40 Tue 1:45-4:20-7:10-9:40 Wed-Thu 4:20-7:10-9:40 Mon 1

Beach Cinemas 1651 Queen St. E.

Ender's Game (PG) Fri 4:20-7:10-10 Sat-Sun 1:30-4:20-7:10-10 Mon-Thu 7:10-10
Free Birds (G) Sat-Sun 12:30
Free Birds 3D (G) Fri 4:40-6:50-9 Sat-Sun 2:30-4:40-6:50-9 Mon-Thu 6:50-9
Gravity 3D (PG) Fri 4-6:40-9:10 Sat-Sun 1-4-6:40-9:10 Mon-Thu 6:40-9:10
Last Vegas (PG) Fri 4:30-7:30-10:15 Sat 7:30-10:15 Sun 1:40-4:30-7:30-10:15 Mon-Thu 7:30-10:15
The Metropolitan Opera: Tosca (STC) Sat 12:55
Thor: The Dark World (PG) No Passes Fri 4:10-7-9:50 No Passes Sat-Sun 1:20-4:10-7-9:50 No Passes Mon-Thu 7-9:50
Thor: The Dark World 3D (PG) No Passes Fri 4:50-7:40-10:30 No Passes Sat-Sun 2-4:50-7:40-10:30 No Passes Mon-Thu 7:40-10:30

Fox Theatre 2236 Queen St. E.

20 Feet From Stardom (PG) Wed-Thu 7
Lee Daniels' The Butler (14A) Fri 6:45 Sat 7 Sun 4-6:45 Mon-Tue 9:30
Monsters University 3D (G) Sat-Sun 1:30
Prisoners (14A) Fri 9:15 Sat 9:30 Sun 9:15 Mon-Tue 6:45 Wed-Thu 9

Empress Walk 5095 Yonge St.

12 Years a Slave (14A) Fri 4-7:10-10:20 Sat 12:50-4-7:10-10:20 Sun 12:50-4-7:10-10:10 Mon-Thu 4-7:10-10:10
About Time (14A) Fri 4:10-7:05-10:05 Sat-Sun 1:20-4:10-7:05-10:05 Mon-Thu 4:10-7:05-10:05
Captain Phillips (14A) Fri-Sat 3:30-6:40-9:50 Sun 12:30-3:30-6:40-9:50 Mon-Tue 3:50-6:50-9:55 Wed 3:50-9:55 Thu 3:50-6:50-9:55
Ender's Game: The IMAX Experience (PG) Fri 4:20-7:20-10:10 Sat 1:40-4:20-7:20-10:10 Sun 1:40-4:20-7-9:45 Mon-Thu 4:20-7-9:45
Free Birds (G) Sat 12:40-2:55 Sun 12:40 Wed 7:25
Free Birds 3D (G) Fri-Sat 5:10-7:25-9:40 Sun 2:55-5:10-7:25-9:40 Mon-Tue 5:10-7:25-9:40 Wed 3:30 Thu 5:10-7:25-9:40
Gravity 3D (PG) Fri 5:15-7:40-10 Sat 2:50-5:15-7:40-10 Sun 2:50-5:15-7:35-9:50 Mon-Thu 5:15-7:35-9:50
Jackass Presents: Bad Grandpa (14A) Fri 5-7:15-9:35 Sat 7:15-9:35 Sun 2:40-5-7:15-9:35 Mon-Tue 5-7:15-9:35 Wed 4:05 Thu 5-7:15-9:35
Last Vegas (PG) Fri 4:15-7-9:45 Sat 1-5:15-8-10:35 Sun 1:35-4:15-7:20-10 Mon-Thu 4:15-7:20-10
The Metropolitan Opera: Tosca (STC) Sat 12:55
Royal Shakespeare Company: Richard II (STC) Wed 7
Thor: The Dark World 3D (PG) No Passes Fri 4:30-5:20-7:30-8:10-10:30-11 No Passes Sat 11:40-1:30-2:30-4:30-5:20-7:30-8:10-10:30-11 No Passes Sun 1:10-1:40-4-4:40-6:55-7:30-9:45-10:15 No Passes Mon-Thu 4-4:40-6:55-7:30-9:45-10:15 5

SilverCity Yorkdale 6 3401 Dufferin St.

Black Beauty (STC) Sat 11
Captain Phillips (14A) Fri-Wed 12:45-3:50-7-10:10 Thu 12:45-3:50-6:30-10:10
Carrie (14A) Fri-Sat 12-2:30-5:10-8-10:30 Sun-Wed 2:30-5:10-8-10:30
Cloudy With a Chance of Meatballs 2 (G) Fri 1:50 Sat 11:20 Sun-Thu 1
Cloudy With a Chance of Meatballs 2 3D (G) Fri 4:20 Sat 1:50-4:20 Sun-Thu 3:30
Ender's Game (PG) Fri 2:10-5-7:50-10:40 Sat 11:25-2:10-5-7:50-10:40 Sun-Wed 1:20-4:15-7:10-10
Escape Plan (14A) Fri-Wed 6:50-9:40 Thu 9:40
Free Birds (G) Fri-Sun 12:30 Mon-Wed 1:15
Free Birds 3D (G) Fri-Sun 2:50-5:10-7:30-9:50 Mon-Wed 3:45-6:40-9:15
Gravity 3D (PG) Fri-Sat 12:20-2:45-5:15-7:40-10:05 Sun-Wed 1:45-4:45-7:20-9:45
Jackass Presents: Bad Grandpa (14A) Fri-Sat 12:40-3:05-5:30-7:55-10:50 Sun-Wed 2:15-5-7:45-10:15
Last Vegas (PG) Fri-Sat 12:10-2:40-5:25-8:05-10:45 Sun 1:55-4:40-7:35-10:20 Mon-Wed 1:55-4:30-7:15-10:05
Thor: The Dark World 3D (PG) No Passes Fri-Sat 1:15-4:15-7:15-10:15 No Passes Sun 12:50-3:50-6:50-9:50 No Passes Mon 12:45-3:40-6:35-9:30 No Passes Tue 12:50-3:50-6:50-9:50 No Passes Wed 12:45-3:40-6:35-9:30 No Passes Fri-Sat 11:45-2:30-5:20-8:10-11 No Passes Sun 2-4:50-7:40-10:30 No Passes Mon 1:45-4:35-7:25-10:15 No Passes Tue 2-4:50-7:40-10:30 No Passes Wed-Thu 1:45-4:35-7:25-10:15

Silvercity Fairview 1800 Sheppard Ace. E.

12 Years a Slave (14A) Fri-Sun 1:10-4:15-7:20-10:30 Mon-Tue 1:05-4:10-7:10-10:15 Wed 4:10-7:15-10:15 Thu 1:05-4:10-7:15-10:15 Star & Strollers Screening Wed 1
Black Beauty (STC) Sat 11
Captain Phillips (14A) Fri 1-4:10-7:15-10:25 Sat-Sun 4:10-7:15-10:25 Mon 1-4:05-10:10 Tue 1-4:05-7:10-10:10 Wed 1:05-4:05-7:10-10:10 Thu 1:30-3:20-10:10
Ender's Game (PG) Fri 1:50-4:45-7:30-10:15 Sat 11:10-1:50-4:45-7:30-10:15 Sun 1:50-4:45-7:30-10:15 Mon-Tue 1:15-3:55-6:55-10:10 Wed 3:55-6:55-10:10 Thu 1:15-3:55-6:55-9:40 Star & Strollers Screening Wed 1
Escape Plan (14A) Fri-Sun 10:10 Mon-Thu 10:05
Free Birds (G) Fri 2:50 Sat 12:30-2:50 Sun 2:50 Mon-Wed 3 Thu 1
Free Birds 3D (G) Fri-Sun 5:20-7:50 Mon-Thu 5:30-7:50
Gravity 3D (PG) Fri 2:40-5:25-8:10-10:40 Sat 12:20-2:40-5:25-8:10-10:40 Sun 2:40-5:25-8:10-10:40 Mon-Thu 2:50-5:15-7:40-10

Silvercity Fairview 1800 Sheppard Ace. E.

Jackass Presents: Bad Grandpa (14A) Fri 3-5:30-8:15-10:45 Sat 5:30-8:15-10:45 Sun 3-5:30-8:15-10:45 Mon-Tue 2:50-5-7:25-9:45 Wed-Thu 2:40-5-7:25-9:45
Last Vegas (PG) Fri 2-4:55-7:40-10:20 Sat 1:20-5:05-7:40-10:20 Sun 2-4:55-7:40-10:20 Mon-Thu 1:40-4:30-7:20-9:55
The Metropolitan Opera: Tosca (STC) Sat 12:55
Out of Africa (STC) Sun 12:50
Pipes & Sticks on Route 66 (STC) Thu 6:30
Space Battleship Yamato (STC) Mon 7:15
Thor: The Dark World 3D (PG) No Passes Fri 1:30-2:20-4:20-5:10-7:10-8-10-10:50 No Passes Sat 11:30-1:30-2:20-4:20-5:10-7:10-8-10-10:50 No Passes Sun 1:30-2:20-4:20-5:10-7:10-8-10-10:50 No Passes Mon-Thu 1:10-1:50-4-4:40-7-7:30-9:50-10:20

Coliseum Scarborough 300 Borough Dr.

12 Years a Slave (14A) Fri 12:45-3:55-7:05-10:20 Sat 12:45-4:50-7:55-11 Sun 12:45-3:55-7:05-10:20 Mon-Thu 3:15-6:50-10:10
Black Beauty (STC) Sat 11
Captain Phillips (14A) Fri-Sun 12:20-3:30-6:35-9:45 Mon 3:20-9:45 Tue 3:20-6:25-9:45 Wed 3:20-9:45 Thu 3:20-6:25-9:45
Carrie (14A) Fri-Tue 10:05 Wed 10:35 Thu 10:05
Ender's Game (PG) Fri 2:05-4:55-7:50-10:45 Sat 11:10-2-4:55-7:50-10:45 Sun 2:05-4:55-7:50-10:45 Mon-Thu 1:40-4:30-7:20-10:15
Escape Plan (14A) Fri 1:30-4:25-7:15 Sat 4:15-7:15 Sun 1:30-4:25-7:15 Mon-Thu 1:15-4:05-6:55
Free Birds (G) Fri-Sun 2:25 Mon-Thu 2:45
Free Birds 3D (G) Fri-Sun 4:50-7:10-9:30 Mon-Thu 5:05-7:25-9:50
Gravity 3D (PG) Fri-Sun 2-4:25-6:55-9:25 Mon-Thu 1:50-4:15-6:45-9:15
Jackass Presents: Bad Grandpa (14A) Fri 12:05-2:35-5-7:25-10 Sat 2:35-5-7:25-10 Sun 12:05-2:35-5-7:25-10 Mon-Thu 2:10-4:40-7:05-9:35
Last Vegas (PG) Fri-Sun 12:10-2:50-5:25-8:05-10:40 Mon-Thu 1:35-4:10-7:10-9:55
The Metropolitan Opera: Tosca (STC) Sat 12:55
Pandiya Nadu (STC) Fri 2:40-6:15-9:40 Sat 11:20-2:40-6:15-9:40 Sun-Thu 2:40-6:15-9:40
Royal Shakespeare Company: Richard II (STC) Wed 7
Space Battleship Yamato (STC) Mon 7
Thor: The Dark World (PG) No Passes Fri-Sun 1-4 No Passes Mon-Thu 1-3:50
Thor: The Dark World 3D (PG) No Passes Fri-Sun 1:40-4:40-7-7:35-9:55-10:30 No Passes Mon-Thu 1:30-4:20-6:40-7:10-9:30-10 No Passes Fri-Sun 11:45-2:30-5:20-8:10-11 No Passes Mon-Thu 2-4:50-7:40-10:30

Eglinton Town Centre 1901 Eglinton Ave. E.

12 Years a Slave (14A) Fri 12:30-3:40-7-10:10 Sat-Sun 12:10-3:25-6:40-9:55 Mon-Thu 3:30-6:35-9:45
About Time (14A) Fri-Sun 1:25-4:25-7:25-10:25 Mon-Thu 4:10-7:15-10:25 Star & Strollers Screening Thu 1
Black Beauty (STC) Sat 11
Captain Phillips (14A) Fri-Sat 1-4:15-7:30-10:40 Sun 12:05-3:15-6:30-9:40 Mon 3:40-6:50-10 Tue 3:40-6:55-10:05 Wed-Thu 3:40-6:50-10
Carrie (14A) Fri 10:50 Sat 9:35 Sun 10:25 Mon-Thu 9:30
Cloudy With a Chance of Meatballs 2 (G) Fri 12:50 Sat 11:20-1:55 Sun 11:55 Thu 1:55
Cloudy With a Chance of Meatballs 2 3D (G) Fri 3:20-5:50-8:20 Sat 4:30-7 Sun 2:25-5-7:40 Mon-Thu 4:30-7
Ender's Game (PG) Fri 1:10-1:50-4-4:40-6:55-7:35-9:50-10:30 Sat 1:10-4-5:25-6:55-7:35-9:50-10:30 Sun 1:50-4-4:40-6:55-7:35-9:50-10:30 Mon 3:35-4:25-6:25-7:25-9:20-10:20 Tue 3:35-4:25-6:25-7:25-9:20-10:15 Wed 3:35-4:25-6:25-7:25-9:20-10:20 Thu 1:30-3:35-4:25-6:25-7:25-9:20-10:20
Escape Plan (14A) Fri 6:40-9:30 Sat-Sun 7:10-10 Mon 6:45-9:35 Tue 6:45-9:50 Wed-Thu 6:45-9:35
Free Birds (G) Fri 2:10-4:30 Sat 11:10-11:50-2:20-4:50 Sun 11:50-2:20-4:50 Mon 4:20 Tue 4:15 Wed 4:20 Thu 1:25-4:15
Free Birds 3D (G) Fri-Sun 12:40-3:10-5:35-8-10:20 Mon-Wed 5-7:20-9:40 Thu 2:20-5-7:20-9:40
Gravity 3D (PG) Fri 2:20-4:45-7:10-9:40 Sat 12:20-2:50-5:15-7:45-10:15 Sun 12:20-2:50-5:15-7:45-10:10 Mon-Wed 5:15-7:45-10:10 Thu 2:45-5:15-7:45-10:10
Jackass Presents: Bad Grandpa (14A) Fri 1:05-3:30-6-8:25-10:50 Sat 12:25-2:55-5:10-8:20-10:50 Sun 1-3:35-6-8:25-10:50 Mon-Wed 5:40-8:05-10:30 Thu 3-5:40-8:05-10:30
Krrish 3 (PG) Fri 3-6:35-10:05 Sat 11:35-3-6:35-10:05 Sun 12-3:30-7:05-10:35 Mon-Wed 4:40-8:20 Thu 1:10-4:40-8:20
Last Vegas (PG) Fri 2:45-5:30-8:15-10:55 Sat 12-2:45-5:30-8:15-10:55 Sun 1:10-3:45-6:35-9:30 Mon 4:55-7:35-10:15 Tue 4:55-7:35-10:20 Wed 4:55-7:35-10:15 Thu 2-4:55-7:35-10:15
The Metropolitan Opera: Tosca (STC) Sat 12:55
Out of Africa (STC) Sun 12:45
Thor: The Dark World (PG) No Passes Fri-Sun 12:50-3:55-6:50-9:45 No Passes Mon-Thu 3:50-6:40-9:30 Star & Strollers Screening, No Passes Thu 1
Thor: The Dark World 3D (PG) No Passes Fri-Sun 1:30-4:20-7:20-10:15 No Passes Mon-Wed 5:30-8:30 No Passes Thu 2:30-5:30-8:30 No Passes Fri-Sun 2:05-5-7:50-10:45 No Passes Mon-Thu 4:20-7:10-10 No Passes Fri 2:30-5:20-8:10-11 No Passes Sat-Sun 11:45-2:30-5:20-8:10-11 No Passes Mon-Wed 4:50-7:40-10:30 No Passes Thu 1:40-4:50-7:40-10:30

401 & Morningside 785 Milner Ave.

Black Beauty (STC) Sat 11
Captain Phillips (14A) Fri 4-6:50-9:50 Sat 12:50-3:50-6:50-9:50 Sun 12:50-3:50-6:50-9:45 Mon 5-8:10 Tue 4-6:50-9:50 Wed-Thu 5-8:10
Carrie (14A) Fri-Sat 9:40 Sun 9:35 Mon 8:15 Tue 9:40 Wed-Thu 8:15
Cloudy With a Chance of Meatballs 2 (G) Fri 4:30 Sat 12 Sun 2:20 Tue 4:30
Cloudy With a Chance of Meatballs 2 3D (G) Fri 7 Sat 2:20-4:40-7 Sun 4:40-7 Mon 5:50 Tue 7 Wed-Thu 5:50
Ender's Game (PG) Fri 4:55-7:30-10:20 Sat 11:30-2:10-4:55-7:30-10:20 Sun 2:10-4:55-7:30-10:05 Mon 5:20-8:05 Tue 4:55-7:30-10:20 Wed-Thu 5:20-8:05
Escape Plan (14A) Fri 5:05-7:50-10:30 Sat 2:25-5:05-7:50-10:30 Sun 2-4:35-7:25-10:10 Mon 5:30-8:20 Tue 5:05-7:50-10:30 Wed-Thu 5:30-8:20
Free Birds (G) Sat 11:20-1:30 Sun 1:30 Mon 5:35 Wed-Thu 5:35
Free Birds 3D (G) Fri 5:50-8-10:10 Sat 3:40-5:50-8-10:10 Sun 3:40-5:50-8-10:05 Mon 5:05-7:45 Tue 5:50-8-10:10 Wed-Thu 5:05-7:45
Gravity 3D (PG) Fri 5:40-8:10-10:35 Sat 1-3:25-5:40-8:10-10:35 Sun 1-3:25-5:40-8:05-10:20 Mon 6-8:25 Tue 5:40-8:10-10:35 Wed-Thu 6-8:25
Jackass Presents: Bad Grandpa (14A) Fri 4:10-8:15-10:35 Sat 12:40-3:05-8:15-10:35 Sun 12:40-3:05-8-10:15 Mon 6:10-8:30 Tue 4:10-8:15-10:35 Wed-Thu 6:10-8:30
Last Vegas (PG) Fri 4:20-7:20-10:05 Sat 11:15-1:45-4:25-7:20-10:05 Sun 1:55-4:25-7:20-9:50 Mon 5-7:30 Tue 4:20-7:20-10:05 Wed-Thu 5-7:30
Thor: The Dark World (PG) No Passes Fri 4-5:25-7:10-10 No Passes Sat 11:40-1:15-4-5:25-7:10-10 No Passes Sun 1:15-4-5:20-7:10-9:55 No Passes Mon 5:40-8:30 No Passes Tue 4-5:25-7:10-10 No Passes Wed-Thu 5:40-8:30
Thor: The Dark World 3D (PG) No Passes Fri 4:45-6:40-7:40-9:30-10:30 No Passes Sat 11:10-12:30-2-3:15-4:45-6:40-7:40-9:30-10:30 No Passes Sun 12:30-1:45-3:15-4:45-6:40-7:35-9:25-10:20 No Passes Mon 5:10-7:20-8 No Passes Tue 4:45-6:40-7:40-9:30-10:30 No Passes Wed-Thu 5:10-7:20-8

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All in All Azhagu Raja (STC) Fri 4:15-7:30-10:45 Sat-Sun 1-4:15-7:30-10:45 Mon-Thu 4-7:15-10:30
Arrambam (STC) Fri 4-7:15-10:30 Sat-Sun 1-4-7:15-10:30 Mon-Thu 4-7:15-10:30
Krrish 3 (PG) Fri 3:30-6:30-9:30 Sat-Sun 12:30-3:30-6:30-9:30 Mon-Thu 3:30-6:30-9:30

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November 9 and 10, 2013

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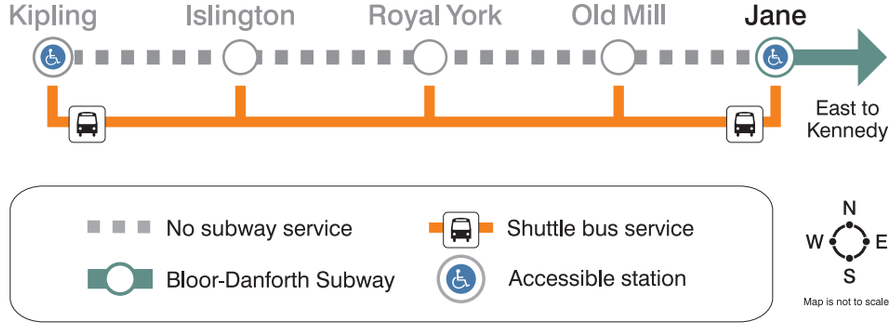

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As we've learned from reading the gossip pages of InTouch and Us Weekly, celebrity romances tend to be quickies. Restraint is less of a virtue — it's more about being a fast fit. When it comes to fast fits in the world of TV, Katee Sackhoff of Battlestar Galactica fame sharing a bathtub with Wolowitz on Big Bang Theory or James Woods parodying himself on Family Guy were pure cameo kismet. Here, we match stars to TV shows they ought to temp on.

MIKE DOJC/FOR METRO

5 TV shows stars should temp on

Bruce Jenner (The Real Housewives Circuit)

The newly single Kardashian papa bear may have won a gold medal in the decathlon and briefly replaced Erik Estrada on CHiPs for a spell, but unless he has another 15 minutes, he'll best be known for being Kris' lapdog for 22 years and having copious amounts of plastic surgery. Cavorting with Bravo's social schemers would give the tabloid pages something else to talk about.

Amy Schumer (The Mindy Project)

This rising comedienne parlayed coming in fourth place on season five of Last Comic Standing to roasting Roseanne Barr and Charlie Sheen and eventually landing her own show. While Inside Amy Schumer has been picked up for a second season, to get to the next rung on the funny business pyramid Amy's going to have to broaden her fan base. A turn as a neurotic gal pal from Mindy's past could be another step on the steep climb to the A-list.

Jason Segel (Michael J. Fox Show)

With How I Met Your Mother winding down at long last, and no big screen roles on the horizon until the summer of 2014, this big lug needs to break out of the Marshall mould and stay relevant. Segel could get a lot of mileage playing against type as a suave network bigwig attempting to woo Mike away from WNBC. To complicate matters he could also happen to be one of Annie's ex-lovers.

Rob Schneider (Workaholics)

Deuce Bigalow would totally gel with slack-off sultans Blake, Adam and Ders chugging a rooftop cold one or getting roped along on one of their harebrained misadventures. Robert Englund and Tom Green turned up on season three, so there's precedent for Schneider-aged cameos. He could play Ders' old swim swami who convinces the lanky stoner that he still has a shot at the Olympics if he joins a men's synchronized swimming squad.

Kevin Durant (Scandal)

KD dipped his toes into showbiz in last year's Thunderstruck, one of those cliché-ridden switcheroo flicks in which a kid magically acquires the basketball superstar's skills. Like most athletes who moonlight in Hollywood, Durant could benefit from acting lessons, but Olivia Pope's crisis-management firm has fixed far more awkward situations. Besides, the NBA thespian bar is set so low that a middling bit-role on this political smut ride could elevate Durant above the rim.

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28 Heroes, 2 sides and 1 war: Special does the math

History Network.
Canadian vets describe how their platoon of 28 men fought off 800 Chinese soldiers

Canadian war veterans Lt. Ed Mastronardi and Pte. Red Butler are shown in a handout photo. The pair appear in the Korean War documentary 28 Heroes. CONTRIBUTED/THE CANADIAN PRESS

Before bullets flew, the taunts exploded. "I heard a voice shouting: 'Canada boy, tonight you die!'" Korean War veteran Ed Mastronardi says, recalling the night of Nov. 2, 1951 in the new History special 28 Heroes.

"And I shouted back: 'Come and get it! As it turned out it was a full attack. And I had 28 men."

Director Paul Kilback says the battle of Song-gok Spur — which saw a small Canadian platoon fight a battalion of 800 Chinese soldiers — is a little-known conflict from Canada's forgotten war that should be much better recognized.

"It always struck me that it's not in any of the history books," Kilback says of the extraordinary battle, in which Mastronardi's determined unit fought against all odds to maintain a key outpost in the face of repeated Communist attacks.

"Even for the people who do know about (the Korean War), Kapyong is the big thing or it's Hill 355 and never have I seen anything but a paragraph about this action. And it's one of the greatest kind of, in my opinion, one of the incredible small actions of any military history."

Never forget

"It always struck me that it's not in any of the history books."
28 Heroes director Paul Kilback, speaking about the forgotten battle of Song-gok Spur

Kilback came across the story while working on another documentary about the Korean War that introduced him to Mastronardi.

He returned to Mastronardi years later to do 28 Heroes, which creates a moment-by-moment portrait of a relentless assault that haunts the former lieutenant to this day.

In the special, the white-haired Ottawa resident pauses as he looks over a tattered sepia-tinged photo he recovered from one of the Chinese soldiers he shot. Depicted are two men in uniform, staring straight into the camera.

"I keep it just to remind me," he says. "There's two sides to the war."

Although eager to tell his story, Mastronardi seemed to have the hardest time relaying that heart-rending anecdote, says Kilback, who spent about four hours with him and three hours with another veteran, Red Butler. THE CANADIAN PRESS

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‘I haven’t got the guts to ask Adele for a duet’

New music. Celine Dion talks about who she admires in the industry, who she doesn’t think much of and her latest musical effort

RICHARD PECKETT
Metro World News

Celine Dion is alive and well — and she’s not going anywhere. GETTY IMAGES

Up until recently, the Twittersphere would have you believe that Celine Dion is dead. She isn’t. Rather ironically, the 45-year-old’s album is titled Loved Me Back to Life (out now). Dion, whose career has spanned 30 years, is moving on lyrically and melodically. Here, in a roundtable interview in London’s The Dorchester hotel, Dion chats about her love for Adele, album cover nudity and her latest record.

It’s your first English language record in six years. Why did now seem the right time to put an album out?
I haven’t stopped, to be honest with you. I started a new show in Las Vegas almost three years ago, then I did a French album and also had two babies. Do the math: time goes fast too.

Were you trying to reinvent yourself with this album?
You can’t reinvent yourself every five years. For 30 years I have been using the same recipe. This time round, we’re trying to freshen up and modernize — it’s a second wind. I’m not trying to reinvent myself but at the same time I’m not going to go on with singing My Heart Will Go On, Because You Loved Me and The Power of Love.

There are elements of Adele in this album. Is she an influence?
She has an influence on my life. Period. I love her. I’m taking hot tea everyday and I’m hoping she’s going to pop up and have tea with me.

Will you collaborate with her?
I haven’t got the guts to ask for a duet. I just would love to meet with her. If I see her, I would be star-struck and tell her that I’m her number one fan. Every soundtrack that I do, I find ways to sing her songs through my warm-up but I wouldn’t be so tacky as to ask her to sing with me.

Cher mentioned recently on a talk show that the crowds in Vegas during her residency were “very, very old, often sedated and didn’t seem into the music.” Now that your residency is almost over, can you say how you honestly felt about it?
She is very, very old, so the crowd is going to be old. (Gets up and walks away in mock shock). I’ve seen Cher perform and she is amazing. Hmm, the theatre itself is formal when you come in. It’s not like you can rouse the crowd with Do You Believe In Life After Love; it’s all gentle claps and hums. You really have to understand that it brings that mood.

What’s your experience?
Musically it gives me the possibility to enjoy my music. I can sing 70 shows a year, whereas I was doing 200 or at best 160 per year and I couldn’t breathe (pants like a dog) and then I go home every night. As an artist it gives me an opportunity to do my work and be happy about it.

Miley Cyrus, Britney Spears and Sky Ferreira have all stripped for recent album covers and editorials. Were you ever tempted?
(Laughs) I’m too gorgeous for doing that. No, I’m glad I didn’t have to do that and I didn’t feel the need.

Selling souls

What do you think of Miley Cyrus, Britney Spears and Sky Ferreira’s decision to go with a more wild approach?

- **Quote.** “I respect them; they can do whatever they want. It’s what we decide to watch and we have to decide whether it’s okay for us (the consumer). Some people feel the need to go very far to feel something — to sell their souls pretty much. I wish them luck and longevity in their career but what’s going to be coming after that?”

Talib Kweli. Looking to cut the middle man out of the music industry

Talib Kweli is releasing a new album — sans label. GETTY IMAGES

On his classic 2007 track, Hot Thing, rapper Talib Kweli rhymes, “I’m sending this one out to you and you and you.” When dealing with a guy who has been called the deepest thinker in the rap game, you know he doesn’t use language lightly, and Kweli is making good on that claim and literally sending his next album out to you.

“This is the first album I’m dropping directly to my fans,” Kweli says. “No label. No nothing. This is a first. The technology hasn’t been around to do this before.”

In an effort to directly connect with his fan base, Kweli is making his latest project, Gravitas, available in an exclusive pre-sale on the website KweliClub.com. It marks the rapper’s sixth solo album and it features the likes of OhNo, Q-Tip, Lord Quest and Rich Kidd. Kweli says his goal is to eliminate the middleman, as in the greedy music executives wanting their cut.

“I’m not an artist presented on a huge national level,” he says, humbly. “I’d rather just email my core fans and put it out there than spend millions on a direct marketing campaign and hope you buy it. I don’t have to convince you if you’re already a fan.”

Gravitas is due to be released on Dec. 15. Kweli, who promises to personally interact with fans via email and social media, says it stays true to his classic vibe, meaning it won’t feature any lyrics involving Maybachs or boots with the fur.

“I make music for myself,” he says. “It wouldn’t come out if I didn’t feel good about it.”

While Kweli’s name literally translates to scholar, he disagrees with people who call him a political or psychological rapper. In fact, he shies away from any and all labels. When asked to classify his style, Kweli says, “I wouldn’t. Too many artists get caught up in labels. Just listen to it.”

That seems to have always been Kweli’s method, and it’s also in keeping with the method he prescribes for others. When asked what advice he has for up and coming rappers, he says, “Do it yourself. Follow your own path. Make your own way.”

As for his own legacy, Kweli says the approach worked for him.

“I did it my way, Sinatra style.”

MICHAEL GREGER/METRO

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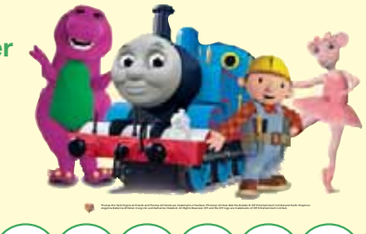
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■ **Had to get up every hour** at night. Now I get up once a night. *Joseph Whittaker, Sewell, NJ* ■ **I cancelled my prostate surgery.** Get up once a night. I'm so happy not to have to face the torment of a prostate operation and possible incontinence and impotence. *Albert E. Blain, 74, Schumacher, ON* ■ **Even after TURP prostate surgery** and microwave therapy had to get up many times. Now down to 1-2 times. Tea is 100% better than drugs. *Robert G. Stocker, Eustasis, FL* ■ **After 1st year drinking tea** my PSA went down to 4.5; after 2nd year to 2.9; after 3rd year to 2.3. I highly recommend the tea. A real life saver. *Thomas M. Thurston, Forsyth, GA*

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■ **No more wetting accidents.** Within a week I was in complete control. No side effects like with drugs I took. *Deborah Haight, 49, Collingwood, ON* ■ **Incredible results.** It's hard to believe a non-drug item is producing such quick relief. I suffered for 20 years with frequency and embarrassments. I now sleep through the night. *Linda Kleber, 62, Milford, NJ* ■ **Tea represents truth in advertising!** Being a skeptic, I ordered this Bladder Control Tea for Women as a more or less last resort, after trying every medication in the last 5 years. It worked better than I hoped for. Had relief within 6 days. Thank you for this great product, and above all, for truth in advertising. *Marina Rosa, 57, Las Vegas, NV*

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#6

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Many testimonials on the Bell website: ■ **First product that worked for me.** I have tried many other methods and I didn't see any results. With #77 I noticed a difference within a few weeks. Thank you Bell. Paul Scivoletto, 40, Markham, ON. ■ ***"My hair has stopped falling out…and my hair looks shinier and healthier."; "After 30 days use I noticed I am losing less hair! My hair now looks fuller and the texture has improved."; "Hair loss was noticeably reduced with first bottle!"; "After using Bell Stop Hair Loss #77 for 2 weeks my hair was not as thin anymore and at the end of the treatment of 2 months my little bald spot on the back of my head was growing over with little hair. This product helped to restore my youthful look."***

Heartburn Reflux

#39

By Dr. Chakib Hammoud, M.H.,PhD.

We should eat more alkaline food. We all know that swimming pools can only work if they are acidic/alkaline neutral. This is still more critical for our body. Basic information to have an alkaline body: USDA now recommended on their website. MY plate.gov **50% should be alkaline food** (vegetables, salads, legumes, fruit, berries, mushrooms) **50% can be acidic food** (Meat, fish, shellfish, eggs, rice, nuts, cheese. Less or no bread, noodles, cereals, cakes. No sweets, deep frieds.) Most North American diet is 90% acidic food. If you have trouble to achieve at least a 50% in alkaline food and 50% acidic food, consider to take a supplement like **Bell Acidic Stomach/Alkaline Balance #39**. It's inexpensive and comes with a guarantee. It helps to have a healthy alkaline balanced body and prevents many discomforts, including indigestion and stomach acid reflux coming up, which a majority of people suffer with. 60 million in North America. We should not ignore that Dr. Otto Warburg M.D. was awarded 2 Nobel Prizes for proving that an alkaline balanced body can absorb up to 20 times more oxygen than an acidic body. Makes our immune system more effective to fight disease-producing bacteria including cancer cells we have in our body every day of our life. ■ **Reflux gave me a sore throat** and I could not sing in the church choir anymore. After taking Bell #39 I have no more reflux and rejoice in singing again. Helene Giroux, 65, Quebec, QC ■ **Have family history of heartburn.** For last 10 years I suffered a lot with acid reflux. I told all family members about #39 being all natural, giving quick relief with noside effects and no antacids needed anymore. Michael Fasheh, 49, Port Ranch, CA ■ **Very happy with acid reflux relief.** Last 4 years had increasing reflux despite taking antacid products. Grzegorz Smirnow, 43, Mt. Prospect, IL

HRT Menopause

#33 NPN 80005070

■ **Hot flashes and night sweats stopped completely!** I was having a horrible time. The night sweats kept me awake. During the daytime I experienced at least 20 hot flashes. After taking Bell #33 HRT my hot flashes and night sweats were gone. I am sleeping well again. Other menopause products didn't work well enough. Charlene Currie, 52, Winnipeg, MB ■ **Headaches, sweating, dizzy, insomnia, mood swings, hot flashes all gone!** For 15 years I was suffering with menopausal health problems. Premarin made me sick to the stomach. I was in bad shape until I found Bell HRT Menopause #33. I feel great now. This is no lie. It does work! Sandra Mountney, 50, Bancroft, ON ■ **For the last 2-3 years my life was miserable**, had mood swings, extreme anger, depression, feeling suicidal because of my menopausal emotions. After about 3 days on Bell HRT Menopause #33 I felt like a new person. I was singing in the kitchen and my partner was wondering what I was so happy about. I feel hopeful, positive and now have often a smile on my face. I thank you soooo much! Christina Kearns, 53, Kingston, ON

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■ **Immune system for life !** I have been taking the Bell Supreme Immune Booster #52 for two years. I am amazed and delighted how it has strengthened my immune system. I do not get colds or flus anymore. I am taking this supplement every day. Like a miracle it strengthens my whole defense system against all attacks of bacteria, viruses and cancers that our body has to get rid of if we want to stay healthy.John Grace, 52, Broomall, PA ■ **I was diagnosed with stage II breast cancer.** I had to complete 6 rounds of chemo. The Bell Supreme Immune Booster#52 helped me to keep White Blood cell count elevated during the treatment. By using #52 my white blood cells were above the normal range. The nurses were completely amazed as the WBC count blew off the charts. Deborah Hailey-Glass, 44, Richmond,VA. ■ **White blood cells increased to 8.6.** I have lymphocyte depleted hodgkins lymphoma. After each session of chemotherapy my white blood cell count would not return to a healthy level (4-10 is healthy). My count was .2, .3 etc. After using your Bell#52 my white blood cells count went to 3.0, 2.6 and 8.6. In other words good enough for me to enjoy life. Thanks Bell. Andrew A Ament, 59, Merrill, WI.

Colon Care & Cleanse

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■ **Helps with abdominal good feeling and regularity!** I am aware that good colon cleanse and care is important to prevent cancer. This Bell Colon Care and Cleanse #74 is excellent. I used others before that did not give this feeling of well-being. Lorena Simpson, 52, Kings Park, NY ■ **With Colon & Cleanse care I lost 5 lbs and am regular now!** Lately I did not have regular bowel movements and tried Bell Colon Care & Cleanse #74. On the second day taking it I had 5 bowel movements. Now I have 2-3 a day. I feel better and have more energy as well. My clothes are starting to fit again. Henry Hurley, 74, San Diego, CA ■ **Colon Care #74 gave regularity and well being!** I had problems with my bowels my whole life. Usual bowel movement was only every 2-3 weeks. After starting Bell Colon Care & Cleanse #74 I was truly amazed that I had bowel movement 3 times next day. After 1 month taking this product my skin, hair, energy and total well being was off the chart. This product really works well. Tracey Sullivan, 47, Burnaby, BC

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Arcade Fire. Success being Reflektor'd with their album sales

Montreal's Arcade Fire has another hit in Reflektor, mirroring the success of their breakthrough third album.

The sprawling double-album — the band's fourth — has debuted atop the chart in both Canada and the U.S., according to numbers from Nielsen SoundScan.

In Canada, the ambitious 75-minute song cycle sold 49,344 albums to claim the No. 1 spot, while the album sold 140,000 copies in the U.S.

That's slightly shy of the 156,000 units the band's third album The Suburbs moved Stateside when it topped charts upon its 2010 release, according to Billboard.

That record went on to gold certification in the U.S. while going double-platinum in Canada and securing Grammy and Juno awards for album of the year.

Still, Reflektor usurped Katy Perry's Prism as the top album in both countries.

Arcade Fire's reign could be short-lived.

By the numbers

140,000

In Canada, Arcade Fire's 75-minute effort sold 49,344 albums. It claimed the No. 1 spot. The album sold 140,000 copies in the U.S.

Eminem's The Marshall Mathers LP 2 hits stores this week and is expected to claim the top chart spot.

THE CANADIAN PRESS

Holding your attention

SOUND CHECK
Alan Cross
scene@metronews.ca

David Bowie, Rob Zombie and Puddles the Sad-Faced Clown demand that you watch them carefully

Love Is Lost/ David Bowie

Bowie created this video to make up for his non-appearance at the Mercury Music Prize ceremony. Using materials and gear lying around his New York City office, the cost of making this video was $12.99 (for a USB drive to deliver the video).

We're An American Band/Rob Zombie

A performance video in which Mr. Zombie channels Grand Funk Railroad from 1973. More cowbell, please.

Royals/ Puddles the Sad-Faced Clown

Puddles really is a clown. He's also seven feet tall. There's a flood of Royals tributes/parodies showing up on YouTube these days.

Video game review

Bat-bland

Batman: Arkham Origins

System. PS3, Xbox 360, PC, Wii U

Rated. Teen

The third in the Arkham series is an all-too-familiar mix of street brawls, bat gadgets and Enigma puzzles, inside familiar prison, museum, and sewer settings, against many of the same villains. New voice-over actors, a start-over Batman story and an abundance of add-ons somehow fail to keep things fresh. The absence of writer Paul Dini, who gave the first two Arkhams their wildly entertaining insanity, is sorely felt. KRIS ABEL/METRO

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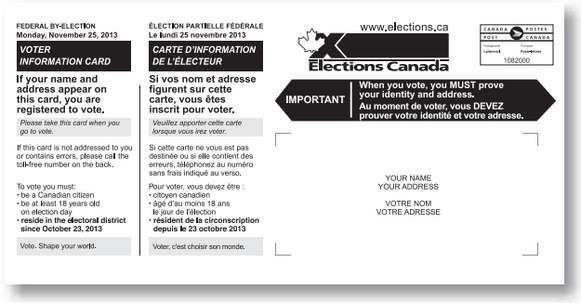
ON MONDAY, NOVEMBER 25

A FEDERAL BY-ELECTION IS TAKING PLACE IN THE RIDING OF TORONTO CENTRE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Justin Bieber. ALL PHOTOS GETTY IMAGES

The Biebs leaves Brazil with 'a little souvenir'

Justin Bieber's new penchant for graffiti may have gotten him into trouble with police in Brazil, as an investigation has been launched looking into Bieber's recent tagging on a wall of the former Hotel Nacional in Rio, according to TMZ. Bieber's team reportedly received permission from Rio's city hall to spray-paint a different wall but opted for the Hotel Nacional because they felt the first choice was in a neighbourhood that was too dangerous. "He believed it to be a degraded area and decided to do it," a police spokesman says. "Now he is leaving Brazil with a little souvenir." The goal of the investigation is to determine if Bieber's actions constitute vandalism, a misdemeanor. Bieber is described in the reports as "young, blond, famous and a rebel."

Ashton and Mila just can't wait to reproduce

Ashton Kutcher and Mila Kunis

Ashton Kutcher and Demi Moore are reportedly about to file paperwork to formally end their marriage, and apparently it can't happen soon enough for Kutcher, who is desperate to start a family with girlfriend Mila Kunis, according to Radar Online.

"Ashton has made no secret of the fact that he wants to have a baby and he's told his family that they're not taking any 'precautions' against having a baby," a source says. "They don't really care if marriage comes before baby. In fact, they don't think they have to be married to have a child."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hell hath no fury like a Gwyneth scorned

MELINDA TAUB
Metro World News in New York City

Gwyneth Paltrow is taking a stand. She wants all those concerned about freedom and justice to join with her in protesting Vanity Fair's cruelty to Gwyneth Paltrow.

Rumour has it that she is frantic over an upcoming Vanity Fair profile of her that contains some less-than-flattering revelations. She's already tried to get her famous friends to stop talking to the publication; now she wants them to refuse to party with VF too.

"Gwyneth feels her relationship with the magazine has been destroyed and she's urging pals not just to avoid doing business with the magazine, but to skip the mag's Oscar party as well," a source told Radar.

Vanity Fair's Oscar party is one of the swankiest, most prestigious parties in Hollywood. Even I, a humble blogger currently wearing teddy bear pajamas, know that.

So I'd say Gwyneth is about to find out who her friends really are. Will Beyoncé think it's worth missing the biggest bash of the year to keep the 10 per cent discount on her GOOP subscription?

Robin Roberts shines on

Good Morning America host Robin Roberts, in a sexy black jumpsuit and open-toed heels, looked the picture of health and then some at the CMA Awards in Nashville on Wednesday. Roberts was diagnosed with myelodysplastic syndrome in 2012 and underwent a bone marrow transplant last October.

Katy Perry

It's 'inevitable' Katy and John will get married (unless they break up again)

Apparently when it comes to Katy Perry and John Mayer hearing wedding bells, it's less a question of if than a question of when. "It's inevitable," a source tells E! News about the chance of Mayer proposing now that things have gotten "very serious" in their relationship. "Everyone wants them to get engaged. They are so perfect together," the source says.

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Liquid Assets

Cachaça for everyone

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While Canadian security agents may be tapped into what's going on in Brazil, I'm betting most of you have never investigated cachaça (ka-SHA-sa) — the country's best known alcoholic beverage.

With all the wine pouring out of Chile and Argentina, I guess it's easy to understand how an in-your-face, sugarcane-based spirit could take a back seat when South American booze comes to mind.

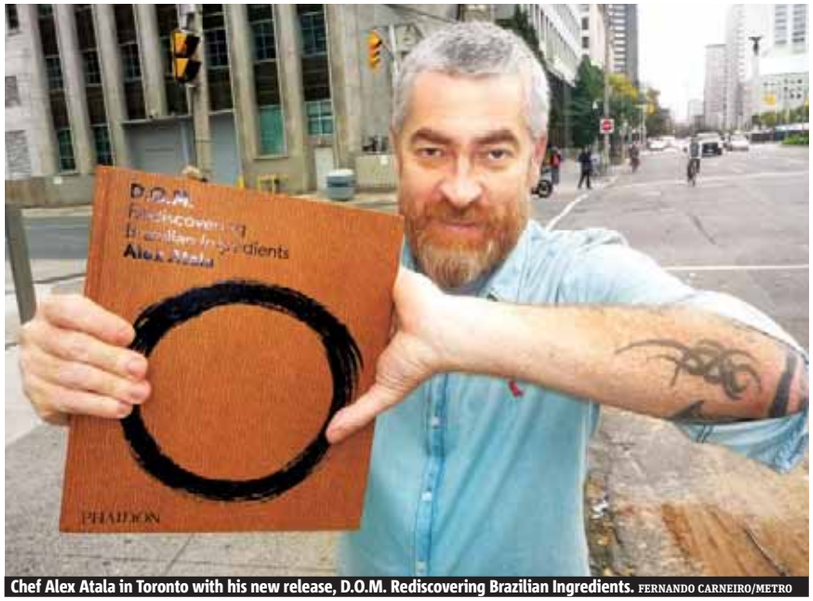
That said, cachaça is the third most consumed spirit in the world.

Often referred to as Brazilian rum, cachaça isn't made from molasses (like most rum). It's produced from raw sugarcane juice that's been fermented and then distilled.

A fiery tipple, delicate Canadian palates will appreciate it best when served hidden underneath some mix like in Brazil's national cocktail, the caipirinha. Made with a combination of cachaça, lime juice and sugar, it's a refreshing, mint-less take on the mojito.

Selection varies across the country, with Leblon Cachaça ($29.95 to $32.99) available in most markets. White rum lovers will find a familiar sugary sweetness fighting its way through the up-front aggression, while tequila fans will appreciate its vegetal nuances. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

The Brazilian food revolution



Chef Alex Atala in Toronto with his new release, D.O.M. Rediscovering Brazilian Ingredients. FERNANDO CARNEIRO/METRO

Alex Atala. Meet the rebel chef who ventures into the jungle for ingredients and is taking on the food authorities

FERNANDO CARNEIRO
Metro

With Brazil hosting the two largest sporting events over the next three years — the World Cup and Olympics — you'll want to get to know the chef revolutionizing Brazilian cuisine and spreading it worldwide.

Alex Atala is applying classical French techniques learned in Europe to local ingredients — some that have long been ignored by Brazilians.

It's no wonder some people compare him to a real-life Dos Equis guy — the bearded man in the beer commercials described as the most interesting man in the world.

Atala is an adventurous chef who goes into the Amazon jungle to source his ingredients. He's a rebel, serving ingredients banned in Brazil. And he's really good. D.O.M. — Latin for "to the greatest and best god" — is considered the sixth-best restaurant in the world by Restaurant magazine. Its list is an annual snapshot of the opinions and experiences of more than 900 international restaurant-industry experts.

Recently, the tattooed former amateur boxer and DJ was in Toronto to promote his first significant cookbook.

Brazil is a melting pot, he says. Sao Paulo, for example, is home to the largest Japanese community outside of Japan and second-largest Italian community outside Italy.

As a colonial country, Brazilians learned to value foreign ingredients at the expense of their own. Atala is rediscovering those ingredients.

"As more and more Brazilians travel abroad and see countries like France value their gastronomy, they come home curious about Brazilian food," Atala said. "There's a movement happening."

To him, manioc — commonly known in Canada as cassava — is the most Brazilian of all ingredients.

"To the people in the Amazon, it's as important as soy is to Asian cultures."

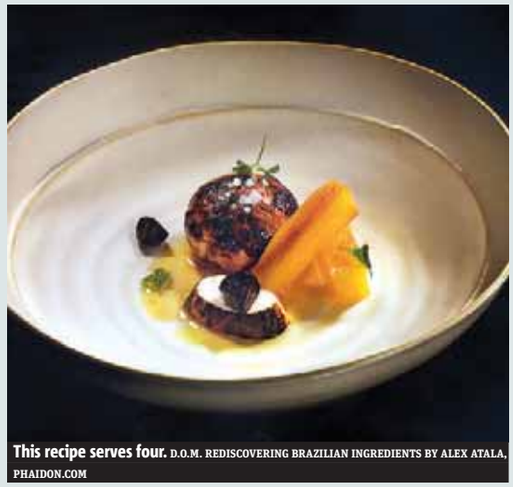
His favourite dish at D.O.M. is filhote com tucupi — filhote, a type of catfish, is the largest fish in the Amazon and tucupi is manioc broth.

"When you think of tomato, basil and mozzarella, your mind goes to Italy. When you have this specific dish and you close your eyes, it's like being in the Amazon."

He also serves honey produced by Brazilian bees, which contains more humidity and therefore expires faster than that produced by bees imported from Europe. It's banned in Brazil because it can't be stored for long. Atala is fighting to have it and other local ingredients legalized.

Also revolutionary for Brazil, Atala started a non-profit think-tank — ATA (instituto-ata.org.br/en) — to promote fair-trade practices in the Amazon region and help farmers earn a living selling local produce.

If you do go to Brazil for the World Cup next year, Atala suggests that the best souvenir is flavour. Enjoy.



This recipe serves four. D.O.M. REDISCOVERING BRAZILIAN INGREDIENTS BY ALEX ATALA, PHAIDON.COM

Recipe

Mushroom With Smoked Parsnips

Ingredients

- 1 kg coarse salt
- 300 g parsnip, washed
- 150 g fresh button mushrooms

For presentation

- extra virgin olive oil, for coating the parsnips and for the presentation
- smoked salt
- salt and pepper
- 4 black garlic cloves
- parsley, chopped

Preparation

1. Preheat the oven to 200 C.

2. Dampen the coarse salt. Place half the salt on the bottom of a roasting pan. Place the parsnips on top of the salt in a single layer. Cover the parsnips with the rest of the coarse salt

3. Bake for an hour. Remove from the oven and transfer the parsnips to a rack to cool. When cool, peel the skin off the parsnips and cut them into 4 pieces lengthwise. Set aside.

4. In a large frying pan or skillet toast the button mushrooms directly over flame until golden brown. Set aside and keep warm

Finish and presentation

1. Place the parsnips in a clean roasting pan and coat lightly with olive oil

2. Return the parsnips to the oven for about 3 minutes to warm through

3. Remove from oven and season with the smoked salt. Season the mushrooms with salt and pepper, and place a mound of them in the centre of a dish.

4. Cut the cloves of black garlic in half. Arrange 2 pieces of parsnip and 2 halves of black garlic beside the mushrooms

5. Finish with a drizzle of olive oil and a sprinkling of parsley. **FROM D.O.M. REDISCOVERING BRAZILIAN INGREDIENTS BY ALEX ATALA, PHAIDON.COM**

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Just Opened: Estrella Taqueria

Yes, you thought right upon reading the name of this new restaurant. We have another taco joint in the city?! Indeed we do. However Estrella's got a geographical game afoot. Bringing the taco trend uptown, this new taco-centric Mexican restaurant is found in North York at 4899 Yonge St. Six delectable tacos are on the menu alongside an impressive array of other regional dishes.

Just Opened: REDS Midtown Tavern

For those who love the Financial District hot spot REDS Wine Tavern, you've now got another location to tempt your taste buds. REDS Midtown Tavern opened up recently, surprisingly not technically in Midtown. No, the new REDS is found at 382 Yonge St. at the corner of Gerrard. Expect the same great dining experience you're used to with a few midtown twists.

Just Opened: Nespresso Boutique Bar

This one's just plain cool. In our brand-centric world, it can be difficult to stand out from the pack. Nespresso's done a brilliant job with the new 14,000 square foot Nespresso Boutique Bar found at 159 Cumberland St. in Yorkville. Plush seating, an airy space, and, naturally, Nespresso beverages are all part and parcel, with a café serving up some French delights.

The Gentlemen's Expo

From Nov. 22 to 24 at the Metro Toronto Convention Centre, get ready for a manly melee with the inaugural Gentlemen's Expo. This sort-of trade show focuses on all things dude: fashion, food, drinks, grooming and the list goes on. Celebrity chefs, a world-record attempt for most moustached men in a single spot, and workshops aplenty round out this amazing new event.

LG Innovator's Ball

The Ontario Science Centre's annual soiree, the LG Innovator's Ball, is back on Thursday Nov. 14 at, naturally, the OSC (770 Don Mills Rd.). This society gala always brings out the creme de la creme of Toronto's philanthropic scene for an evening of entertainment and fundraising. Hosted by Steve Paiken this year, the event also features the acrobatics of Les Oiseaux du Paradis.

The Arnold Party

On Friday Nov. 15 at The Carlu (444 Yonge St.), get ready to revel in the sights and sounds of New Orleans circa the boisterous jazz era at the annual Arnold Party. This annual Business for the Arts event celebrates the latest recipient of the Arnold Edinborough Award, as well as acting as the after party for the BFTA's annual awards gala that celebrates arts-minded young professionals.

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Reimer can bear to wait for his revenge

Leafs goalies James Reimer, top, and Jonathan Bernier unwind after practice on Monday at the Air Canada Centre. The Leafs host the New Jersey Devils Friday night before facing the Bruins in Boston on Saturday.

ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

NHL. Leafs goalie knows he can't erase last season's playoff meltdown on Saturday if he gets start in Boston

If Maple Leafs goalie James Reimer gets the start Saturday night in Boston, he won't attach a "get even" script to the game.

That story won't get told unless the Leafs face the Bruins in the playoffs. That's the same scenario where the Toronto club suffered a historical collapse (Game 7 of the first round last season), so anything less simply doesn't hold the same significance.

What's important right now for the Leafs and Reimer is restoring an accountable, consistent level of play that has eluded the club in recent weeks despite a tremendous 10-5 start.

There's likely to be some question marks and changes over the next two days as Toronto plays back-to-back games against New Jersey and Boston.

Reimer was in goal for that collapse last spring, and coach Randy Carlyle also has Mark Fraser returning to the defence after a 13-game injury absence, and it appears rookie Morgan Rielly will shift to the press box as a healthy scratch to make room.

Against the drama, though, Carlyle delivered a very serious message to everyone on the team — shape up or sit down.

"We've told our players the message will be delivered in a different manner ... and it's not just wins, we need more compete level, we need more doggedness around the puck, it all has to go up," Carlyle said at practice Thursday.

The practice was an intense affair, with newly signed Jerred Smithson taking over the pivot role on the fourth line as the Leafs weather the loss of their top two centres in Tyler Bozak and Dave Bolland.

There was no looking past the Devils Friday night, but there's no denying the significance of that game in Boston Saturday night.

Reimer's view — if he gets the start — certainly held the same anticipation of any athlete wanting to face their demons from a previous loss. This time, though, the circumstance of the meeting — in the regular season — weighs less than a playoff meeting.

"Sure, any goalie would like to start every game," Reimer said. "And I'm not saying this game (vs. Bruins) doesn't mean anything, it's just that in the playoffs, that's the time for retribution." TORSTAR NEWS SERVICE

Clarkson's quiet offence

"I'm trying to figure out what part it is that I do to fit in."

David Clarkson who faces his former team Friday night when the Leafs host the New Jersey Devils. The big forward, who signed a $36.75-million US, seven-year contract with the Leafs in the off-season, has one assist in the five games he's played since returning from a season-opening, 10-game suspension.

CFL

Cornish proving to be a rare Canuck

Jon Cornish is up for two of the CFL's top individual awards.

The Calgary Stampeders running back was named the West Division finalist for the CFL's outstanding player and top Canadian honours Thursday in voting conducted by the Football Reporters of Canada and the league's eight head coaches.

Toronto Argonauts quarterback Ricky Ray was named the East Division nominee as outstanding player.

Cornish, a native of New Westminster, B.C., will attempt to become the first Canadian to be named the CFL's top player since Tony Gabriel of the Ottawa Rough Riders in 1978.

THE CANADIAN PRESS

Calgary Stampeders running back Jon Cornish THE CANADIAN PRESS

CFL

"You rest, you train, you have time to recover and take care of your body."

Argos offensive lineman Jeff Keeping on getting a bye week. Toronto plays the winner of Sunday's East semifinal between the Hamilton Tiger-Cats and Montreal Alouettes. Saskatchewan hosts B.C. in the West semis, also Sunday.

Fields close to regaining full strength

NBA. Raptors forward playing pivotal role for team as he overcomes nerve damage in elbow

Quoted

"I'd say I'm pretty close (to 100 per cent). Still some things I'm trying to work out, but it's getting close."

Raptors forward Landry Fields on overcoming nerve damage in his right elbow.

His elbow still isn't 100 per cent, he hasn't completely regained the strength or the control in his hand.

But nearly a year after Landry Fields had surgery to ease symptoms caused by nerve damage in his elbow, he's learning to adapt his game to his healing right arm, and looking more and more like the player the Toronto Raptors had hoped for when they acquired the small forward in the summer of 2012.

"I'm proud of him," teammate Kyle Lowry said. "Last year, he had surgery, he's had a lot of things going on with him, I'm just happy he's back out there, playing the way everyone knows he can play."

The 25-year-old has averaged 6.4 points and 5.6 rebounds a night anchoring the second unit.

"Landry's been solid," said Raptors coach Dwane Casey. "He's probably our most consistent guy on both ends of the floor. He's a utility guy, he's very valuable to what we do because he can guard multiple positions, he can play point guard, offensively he's one of our best attack-distribute guys, even at the four position. Really glad to see him healthy from where he was last year."

Fields, a starter for much of his two seasons with the New York Knicks, got off to a horrible start in Toronto, shooting just 20.8 per cent from the field and averaging just 2.3 points in his first five games after signing a three-year, $19-million US contract in the off-season.

It turns out he was having problems with his hand. He underwent ulnar nerve transposition surgery in November and sat out the next six weeks. The surgery was to alleviate nerve compression in his right elbow that had been causing his right hand to involuntarily curl up like a claw — a horrible problem to have when shooting a basketball is your livelihood.

The recovery, however, wasn't as quick and easy as he'd expected. Nerves heal at their own pace, and sometimes don't heal entirely at all.

"The nerve regeneration takes a very long time and that was the biggest shock to me, I thought I'd have surgery, and boom, I'm back," Fields said.

Fields and the Raptors (2-3) travel to Indiana to battle the 5-0 Pacers Friday.

THE CANADIAN PRESS

Forward Landry Fields is averaging 6.4 points and 5.6 rebounds per game in anchoring the Raptors' second unit. TORSTAR NEWS SERVICE FILE

NBA

Brampton baller gets 1st bucket

It certainly hasn't been the start he envisioned.

At least Cleveland Cavaliers forward Anthony Bennett can now breathe a slight sigh of relief after sinking his first basket in the NBA.

Playing in his fifth game, the No. 1 overall pick in the 2013 draft from Brampton, Ont., connected on a three-pointer with 9:46 left in the first half of Wednesday night's 109-104 loss to the Bucks in Milwaukee.

Bennett started the season 0-for-15 from the field in his first four games. He went 1-for-5 on Wednesday night. THE ASSOCIATED PRESS

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NFL. Players divided on Jonathan Martin's response

In a culture that fosters conflict, Jonathan Martin sought to avoid it.

Upset by treatment he considered abusive, the Miami tackle left the Dolphins last week. His agent complained to the Dolphins, who suspended guard Richie Incognito.

The NFL is investigating whether Incognito harassed or bullied Martin, and whether their teammates and the organization mishandled the matter.

Some say Martin handled the situation well. But some players believe Martin should have responded more firmly.

"Is Incognito wrong? Absolutely," New York Giants safety Antrel Rolle said. "No individual should have to go through that, especially in their workplace.

"But at the same time, Jonathan Martin is a 6-4, 320-pound man. I mean, at some point and time you need to stand your ground as an individual."

Dolphins players have defended Incognito, long considered one of the NFL's dirtiest players, praising his leadership and loyalty.

They've been less passionate in their support of Martin, saying he and Incognito behaved like best friends.

"They did a lot of stuff together," tackle Tyson Clabo said. "So if he had a problem with the way he was treating him, he had a funny way of showing it." THE ASSOCIATED PRESS

Mike Tyson THE ASSOCIATED PRESS FILE

Mike Tyson. Ex-heavyweight champ bares soul in autobiography

Mike Tyson's life story is the gift that keeps giving.

And giving. And giving.

At one time he was the baddest man on the planet, a heavyweight champion who terrorized anyone who got in his way, inside the ring or out. More recently he's unburdened himself as perhaps the most tortured soul on earth, with a one-man show on Broadway that Spike Lee has turned into an HBO special airing Nov. 16.

It turns out that Tyson didn't tell us everything. Not to worry, because he's taken care of that in a hefty autobiography that might be the most soul-baring book of its genre ever written.

The title is Undisputed Truth, and the truth is that Mike Tyson is one messed up dude. He's desperate to put his demons to rest, but the book needed an extra epilogue written just before printing to talk about him falling off the sobriety wagon once again.

Quoted

"I have a lot of pain and I just want to heal."

Mike Tyson says he's back in Alcoholics Anonymous after drinking in August.

And though things might be better these days in Tyson's world, he constantly warns that he's not far from slipping off the edge, or slipping back into a strip club to party with drugs and women.

"Sometimes I just fantasize about blowing somebody's brains out so I can go to prison for the rest of my life," he writes. "Working on this book makes me think that my whole life has been a joke."

If so, Tyson has yet to figure out the punchline. Though he has reinvented himself in recent years as a family man and vegan with enough comedic chops to act in movies, he says he lives daily with the dark past of a junkie who loved to snort cocaine and drink and was constantly preoccupied with finding women to bed. THE ASSOCIATED PRESS

Goalies James Reimer and Jonathan Bernier, pictured, have arguably the biggest say in keeping the Leafs high in the standings. STEVE RUSSELL/TORSTAR NEWS SERVICE

Sky, Leafs not falling quite yet

THE HOCKEY NEWS
Adam Proteau
toronto@metronews.ca

With injured centres Tyler Bozak and Dave Bolland out of the lineup for some time, the Maple Leafs will be challenged to maintain the pace they've set through their first 15 games. But it isn't impossible.

It's possible if Toronto still gets elite save percentages from goalies James Reimer (.942) and Jonathan Bernier (.933) and they continue to co-exist peacefully. The advanced stats community expects that the Leafs' nasty habit of being outshot virtually every night will come back to bite them eventually, but both Bernier and Reimer have arguably the biggest say in a return to earth.

Toronto riding out their problems at centre is doable if the imminent return of stay-at-home blue-liner Mark Fraser helps settle down and toughen up a Leafs defensive corps that's been frantic and not nearly as physical as coach Randy Carlyle prefers. Fraser's presence will also give Carlyle the option of sitting a defenceman — say, rookie Morgan Rielly, or veteran Paul Ranger — should they underperform.

It's possible the Leafs get through this if Carlyle can keep their special teams functioning as well as they have thus far. Special team play will get you a long ways in this league — and with Phil Kessel and James van Riemsdyk still around to drive the power play and Jay McClement, Dion Phaneuf and Carl Gunnarsson still there to man the penalty kill, there's every reason to believe Toronto's special teams haven't absorbed a hit they can't recover from.

It's possible Toronto stays as high as they currently are in the Eastern Conference standings if the injury bug doesn't continue chowing down on their roster. The Leafs' depth on the wings is the envy of many other teams, but Joffrey Lupul has had trouble staying healthy and he, van Riemsdyk and David Clarkson all play robust physical games that make them more likely to wind up on the sidelines. If one of them is lost to an injury, the road ahead for the entire team will be much tougher.

The Leafs have done themselves a favour by hitting the ground running when the season began and building a points cushion in the standings. While I understand the anxiety that arises in the absence of Bozak and Bolland, it's far too soon for the Chicken Littles of the fan base to start clucking about falling sky.

Too much has gone right to expect it'll all go wrong.

Young guns

Teens thriving in modern-day NHL

When NHL scouts said the 2013 draft was a deep one, they weren't kidding.

Earlier this week, Valeri Nichushkin of the Dallas Stars ripped a wrist shot over the shoulder of Ottawa goalie Craig Anderson for the first goal of the six-foot-four forward's career.

More significantly, perhaps, he became the seventh 18-year-old to score this year as young players — teenagers in particular — push veterans aside in the salary-cap world of modern NHL.

Nichushkin, the 10th overall pick from this past draft, joined on the scoring list: Colorado's Nathan MacKinnon (first overall), Florida's Aleksander Barkov (second overall, 2013), Carolina's Elias Lindholm (fifth overall), Calgary's Sean Monahan (sixth overall), Buffalo's Rasmus Ristolainen (eighth overall) and Buffalo's Nikita Zadorov (16th overall).

According to the Elias Sports Bureau, the last time seven 18-year-olds scored in one NHL season was in 1993-94, when Jason Arnott, Alexandre Daigle, Pavol Demitra, Chris Gratton, Michal Grosek, Vlastimil Kroupa and Rob Niedermayer did it.

TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	16	9	5	2	40	41	20
Boston	14	8	5	1	38	28	17
Montreal	16	8	7	1	43	34	17
Ottawa	15	5	6	4	46	48	14
Florida	15	3	8	4	31	53	10
Buffalo	17	3	13	1	31	53	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	16	11	5	0	49	38	22
Washington	15	8	7	0	50	42	16
NY Islanders	15	6	6	3	47	50	15
NY Rangers	15	7	8	0	31	41	14
Carolina	15	5	7	3	29	45	13
Columbus	14	5	9	0	34	40	10
New Jersey	14	3	7	4	26	42	10
Philadelphia	14	4	9	1	22	39	9

Thursday's results
Minnesota at Washington
Florida at Boston
Montreal at Ottawa
NY Islanders at Carolina
NY Rangers at Columbus
New Jersey at Philadelphia
Dallas at Detroit
Edmonton at Tampa Bay
Calgary at St. Louis
Buffalo at Los Angeles
Vancouver at San Jose

Wednesday's results
NY Rangers 5 Pittsburgh 1
Chicago 4 Winnipeg 1
Nashville 6 Colorado 4
Anaheim 5 Phoenix 2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	14	12	2	0	46	25	24
Chicago	16	10	2	4	56	43	24
Minnesota	16	9	4	3	43	35	21
St. Louis	13	9	2	2	47	31	20
Nashville	15	8	5	2	37	44	18
Dallas	15	7	6	2	40	44	16
Winnipeg	17	6	9	2	40	51	14

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	17	13	3	1	57	42	27
San Jose	15	10	1	4	57	32	24
Phoenix	17	11	4	2	56	53	24
Vancouver	17	10	5	2	48	44	22
Los Angeles	15	9	6	0	43	40	18
Calgary	15	6	7	2	43	54	14
Edmonton	16	4	10	2	40	62	10

Note: Two points for a win, one point for overtime loss.

Friday's games — All Times Eastern
New Jersey at Toronto, 7:30 p.m.
Nashville at Winnipeg, 8 p.m.
Calgary at Colorado, 9 p.m.
Buffalo at Anaheim, 10 p.m.

Saturday's games
Edmonton at Philadelphia, 1 p.m.
Florida at Ottawa, 2 p.m.
Minnesota at Carolina, 7 p.m.
Toronto at Boston, 7 p.m.
Tampa Bay at Detroit, 7 p.m.
NY Islanders at Columbus, 7 p.m.
Pittsburgh at St. Louis, 8 p.m.
Washington at Phoenix, 8 p.m.
Chicago at Dallas, 8 p.m.
Vancouver at Los Angeles, 10 p.m.

MLS PLAYOFFS

CONFERENCE SEMIFINALS

EASTERN CONFERENCE

NEW YORK VS. HOUSTON

Wednesday's result
Leg 2 — Houston 2 New York 1 (extra time)

SPORTING KC VS. NEW ENGLAND

Wednesday's result
Leg 2 — Sporting KC 3 New England 1

WESTERN CONFERENCE

PORTLAND VS. SEATTLE

Thursday's game
Leg 2 — Seattle at Portland, 11 p.m.

REAL SALT LAKE VS. LA GALAXY

Thursday's game
Leg 2 — LA Galaxy at Real Salt Lake, 9 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	5	0	1.000	—
Philadelphia	3	2	.600	2
Orlando	3	2	.600	2
Miami	3	2	.600	2
Charlotte	3	2	.600	2
Atlanta	2	2	.500	2 1/2
Detroit	2	2	.500	2 1/2
Milwaukee	2	2	.500	2 1/2
Brooklyn	2	2	.500	2 1/2
Toronto	2	3	.400	3
Cleveland	2	3	.400	3
Chicago	1	3	.250	3 1/2
New York	1	3	.250	3 1/2
Washington	1	3	.250	3 1/2
Boston	1	4	.200	4

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	4	1	.800	—
Golden State	4	1	.800	—
Houston	4	1	.800	—
Oklahoma City	3	1	.750	1/2
Minnesota	3	2	.600	1
L.A. Clippers	3	2	.600	1
Phoenix	3	2	.600	1
Dallas	3	2	.600	1
Portland	2	2	.500	1 1/2
New Orleans	2	3	.400	2
L.A. Lakers	2	3	.400	2
Memphis	2	3	.400	2
Sacramento	1	3	.250	2 1/2
Denver	0	3	.000	3
Utah	0	5	.000	4

x - clinched playoff berth; **y** - division; **z** - conference.

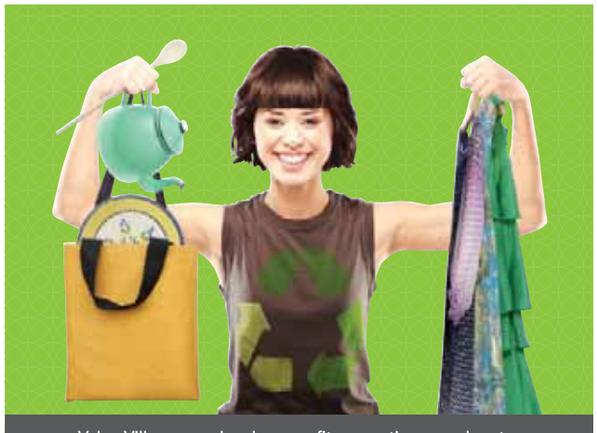
Thursday's results
L.A. Clippers at Miami
Atlanta at Denver
L.A. Lakers at Houston

CFL PLAYOFFS

DIVISION SEMIFINALS

EAST DIVISION
Sunday's game — All Times Eastern
Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

WEST DIVISION
Sunday's game — All Times Eastern
B.C. at Saskatchewan, 4:30 p.m.
Byes: Toronto (East), Calgary (West)



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Horoscopes

♈ Aries
March 21 - April 20
Success comes to those who dare, so dare to be different and don't give two hoots what other people might say. The only thing that matters is what you say (and do).

♉ Taurus
April 21 - May 21
Don't waste time and energy completing a task that should have been over and done with by now. Your life is about to move in a radically new direction. In a matter of days, you will be working on something different.

♊ Gemini
May 22 - June 21
Set targets but don't set time limits. Keep your plans general over the next few days and let everything happen at its own natural pace, even if at times that pace seems dead slow.

♋ Cancer
June 22 - July 23
Keep your ideas simple today if you want to be taken seriously. Sometimes your thoughts get complicated and you spend more time trying to make sense of them than actually getting things done. Time to change.

♌ Leo
July 24 - Aug. 23
You may be generous but you are nobody's fool and anyone who thinks you will be taken in by a sob story today will soon realize they have made a mistake.

♍ Virgo
Aug. 24 - Sept. 23
Why waste time fussing when you can be having fun with your friends? You may have serious things to think about but you will think about them better if you are enjoying life.

♎ Libra
Sept. 24 - Oct. 23
You seem to be on duty all the time and you really must call a halt. Take a break if you need it today and over the weekend. In fact, take a break if you don't need it — just to make the point that no one owns you.

♏ Scorpio
Oct. 24 - Nov. 22
You have worked hard for what you've got and will have to work hard to keep it. Is someone going to take it away from you? No! But don't be careless and give it away.

♐ Sagittarius
Nov. 23 - Dec. 21
An opportunity will arrive out of the blue tomorrow or over the weekend and you must not hesitate to make use of it. The planets warn if you don't move immediately it won't be with you long, so get it together.

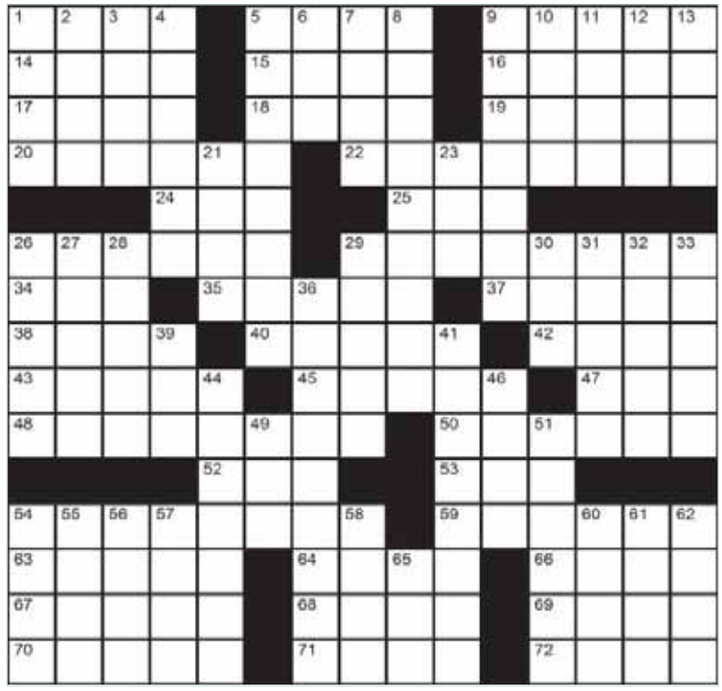
♑ Capricorn
Dec. 22 - Jan. 20
No one is perfect, so don't beat yourself up for mistakes you have made. The fact that you got something wrong is evidence that you tried something different, which is more than most people do.

♒ Aquarius
Jan. 21 - Feb. 19
Are you pleased by what you have achieved or annoyed by what you have failed at? The way you answer says a lot about your state of mind. Be positive: Yesterday's failures lead to tomorrow's successes.

♓ Pisces
Feb. 20 - March 20
Strive to see the good in everyone today, even people who you can't stand the sight of. They have simple human failings, like you. SALLY BROMPTON

Crossword: Canada Across and Down

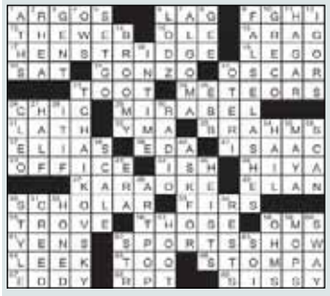
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Cough-drops-needing sound effect
5. "Moneytalks" band
9. "Poppycock!"
14. Scottish songstress
15. But: Spanish
16. "Orange Sky" singer Mr. Murdoch
17. Tournament parts, __. rounds
18. __ de soie (Silk cloth)
19. Riskiness
20. Canadian TV network
22. North American animal scientifically called 'Canis lupus': 2 wds.
24. Amaze
25. Road surface
26. Scorpio is a sign in it
29. Cranky
34. Grand Opry link
35. Country neighbouring Oman
37. Pago Pago's land, American __
38. World's longest river
40. L'__ (Cosmetics brand)
42. Saws
43. Wickednesses
45. Do some PI work: 2 wds.
47. Arrange
48. Icon areas on computers
50. Sitcom fare
52. High card
53. Isthmus of __ (Malay Peninsula part)
54. Dried meat of game
59. Heralded
63. Heart of the __ (Gem in 1997's "Titanic")
64. "__ & Leopold" (2001)
66. Keep
67. Hog not
68. Sort of sword
69. Pizzeria part
70. In the golf cup
71. Interpret, __ into
72. __ a soul

Down
1. "Get __ __ Up" by John Mellencamp
2. Bobby or Brett of hockey
3. Film director Mr. Petri
4. City in India
5. Gig for Steve Jobs' successor Tim Cook: 2 wds.
6. So-so grade
7. Downer
8. City on Vancouver Island
9. Ancient paper
10. Did in, dragon fight style
11. Saver of someone
12. Botanical leaf-to-stem angle
13. Canadian country legend/yodeller
Mr. Carter (b.1904 - d.1996)
21. On the road
23. Use up
26. Partitioned
27. __ green
28. Cold cuts counters, commonly
29. Baby bird sounds
30. Quebec 'lake'
31. Charm
32. Illustrious
33. Like a satisfying snack
36. Andrew Scheer, as he is addressed by MPs in the House of Commons: 2 wds.
39. Wapiti
41. Defence contractor, __ Martin Canada
44. __ glass windows
46. A Doll's House wife
49. Job [abbr.]
51. House: French
54. Victoria Beckham, as a Spice Girl
55. Grand Canyon sound
56. Repast
57. She-horse
58. Neck's back
60. Volcano flow-er
61. At all
62. Disavow
65. Coffee alternative

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3	2						4	5
	9			5			8	
		7	3		4	1		
			2		9			
9								4
			1		5			
		4	7		8	3		
	3			6			9	
8	6						2	7

Yesterday's Sudoku

3	4	7	2	8	5	6	1	9
8	1	5	3	6	9	2	7	4
6	2	9	7	1	4	8	5	3
9	6	2	1	4	3	5	8	7
1	8	4	9	5	7	3	2	6
5	7	3	6	2	8	9	4	1
4	3	8	5	7	6	1	9	2
2	5	6	4	9	1	7	3	8
7	9	1	8	3	2	4	6	5

Today 6°/1° Variable
Saturday 8°/3° Showers 40%
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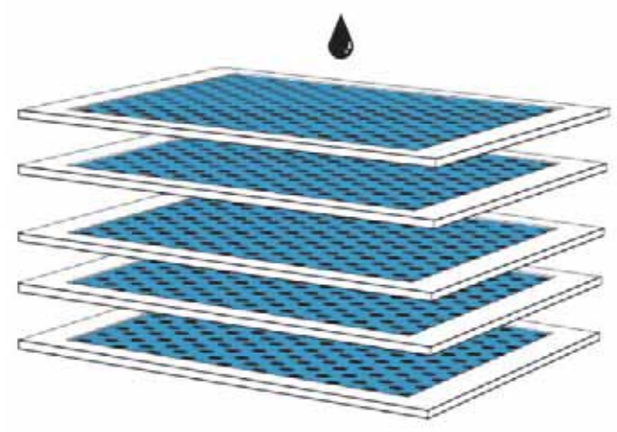
Volkswagen technology explained simply in pictures

TDI Clean Diesel*

Understand clearly how a 5-filter system reduces emissions so efficiently you can hold a handkerchief up to the exhaust and see nothing at all.

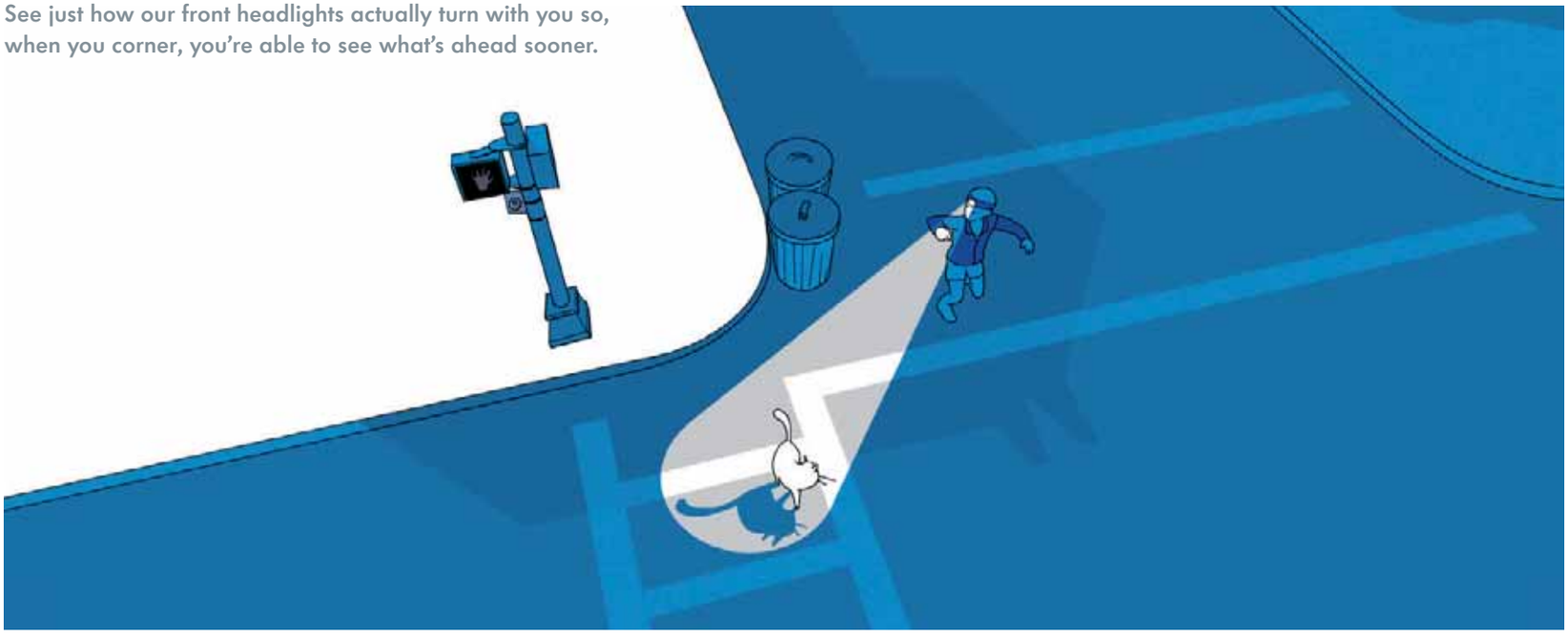


Dual Clutch Gearbox*

See the advantages of changing gears with a Dual Clutch Gearbox transmission, and understand why you'll feel no lag and no loss of power.

Adaptive Front Lights*

See just how our front headlights actually turn with you so, when you corner, you're able to see what's ahead sooner.



It's time to think German Engineering at vw.ca/whodathought

Das Auto.

*Drawings of features and comparisons are for illustration purposes only. Actual properties of the features may not be exactly as shown. Features may not be available on all models.

Up to $5,000

cash discount*

2013 Passat 3.6L amount shown

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2013 Passat

Up to $5,000

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+ $750 Volkswagen Owner's discount†

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1-800 DRIVE VW

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*Limited time discount on cash purchase only of a new and unregistered 2013 Passat 3.6L model with 6-speed automatic transmission, discount which will be applied in establishing the final negotiated price. Discount varies by model. **Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2014 Tiguan 2.0T base model with 6-speed manual transmission. $1,610 freight and PDI included in monthly payment. 48-month term at 1.9% APR. $691 down payment or equivalent trade-in, $350 security deposit, and first monthly payment due at lease inception. Total lease obligation: $15,043. 64,000 kilometre allowance; charge of $0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. †Offer of $750 available on cash purchase, and on lease and purchase financing (through Volkswagen Finance, on approved credit), on new and unregistered Tiguan/Passat models. Offer available for current Volkswagen owners only. Proof of ownership may be required. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end December 2, 2013 and are subject to change or cancellation without notice. Models shown: 2014 Tiguan 2.0T Highline R-Line, $40,190 / 2013 Passat 2.5L Highline, $30,575. Vehicles may not be exactly as shown. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Das Auto & Design", "Volksfest", "Passat" and "Tiguan" are registered trademarks of Volkswagen AG. © 2013 Volkswagen Canada.